

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



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

February 18, 2024

First Sunday of Lent



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)

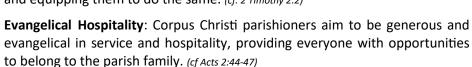
Ŷ

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)*





PARISH MINISTRIES/GROUPS

Adoration Chapel Alpha Altar Servers

After Mass Socials

Baptism Preparation Bible Study

Catholic Women's League Chinese Community Choir

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

Safe Environment Seniors' Ministry

Senior Leadership Team

Ushers Youth Ministry Araceli Hinz Michelle Wong Fr. Hamilton, Fr. Salvino, Margie Lacson Mary Vendencia, Mellysa Lim (9am/11am), Tina Chan (3pm) Adelia Yiu Iovce Fung (Tues Morning) Joseph Chiu (Chinese) Camille Macapanpan Frank Chan Kevin Garcia (5pm) Dominica Chan (9am) Scholastica Au (11am) Vincent Lau (3pm) Joyce Fung Agnes Lo Monica Lau Serafina Chau

Bill Lam Annie Dee, Mary Vendencia, Mellysa Lim (Greeters) 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) 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 2rd 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 18, 2024

First Sunday of Lent



Saturday, February 17			Vigil Mass	
5:00 PM	<i>for</i> Ali (Chi Keung Lee, RI	Р	
Sunday, Feb	oruary 18		1st Sunday of Lent	
9:00 AM	<i>for</i> Zdenka Vuica, RIP			
11:00 AM	for All Parishioners, Living and Deceased			
3:00 PM	for George Hung, RIP			
Monday, Fe	bruary 19)		
9:00 AM	for Ines Nicolas, RIP			
Tuesday, Fe	bruary 20			
8:00 AM	for Ali Chi Keung Lee, RIP			
1:15 PM	Stations of the Cross (School)			
Wednesday	, February	y 21		
8:00 AM	for Ali Chi Keung Lee, RIP			
9:00 AM	School Mass			
Thursday, F	ebruary 2	2 Th	e Chair of St. Peter	
8:00 AM	for T. Tong & Nick Chung, Health			
Friday, Febr	uary 23			
8:00 AM	for Ita McCann RIP			
6:00 PM	Holy Hour			
7:00 PM	Stations of the Cross			
Saturday, F	ebruary 24	4		
8:00 AM	for Miguel Garzon, Thanksgiving			
WHY ASHE THE MEANI ASH WEDN	S?	ASHES WERE USED AS A BIGN OF REPENTENCE IN THE OLD TESTAMENT	ASHES ARE A PUBLIC SIGN OF OUR INTENT TO DIE TO OUR WORLDLY DESIRES AND LIVE IN CHRIST	
	3	4	THE ASHES COME	

AS OUR FOREHEADS

ARE BEING MARKED,

THE PRIEST SAYS: "REMEMBER THAT YOU ARE DUST AND UNTO DUST

YOU SHALL RETURN

ASHES ALSO SYMBOLIZE GRIEF, IN THIS CASE,

GRIEF FOR OUR SINS.

PALMS USED IN THE PALM

SUNDAY CELEBRATION OF

THE PREVIOUS YEAR

PARISH ANNOUNCEMENTS

Parish Mission



Our Lenten Parish Mission "The Most Holy Eucharist: Gift and Sacrament" will run from Sun, Feb 25 through Thurs, Feb 29. Our Mission Priest will be Fr. Wade Menezes, from the Fathers of Mercy.

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: **Sat, Mar 24, 2024**

Time: 8am - 8pm Place: Willow St. & W. 32nd Ave.

Junior Corpus Christi Youth Ministry (CCYM)

Calling all youth Gr. 7-10: Our next event "Journeying with Friends" is coming your way! Save the date for Saturday, Feb 17, 6:00-8:00PM in the Parish Centre. The event will be filled with Faith, Fellowship, and Fun! Please RSVP and fill out the Parent Food Sign Up link by emailing us at ccparish.jryouthministry@gmail.com. See you there!

Income Tax Receipts - Ready Feb 25

The 2023 Income Tax Receipts will be available for pick up at the church vestibule after Saturday and Sunday masses next weekend. For those who contributed to Project Advance 2023 your tax receipts are included as well.

The envelopes are arranged alphabetically by LAST NAME.

A Note on offertory donations to Corpus Christi made online thru the Archdiocese of Vancouver.

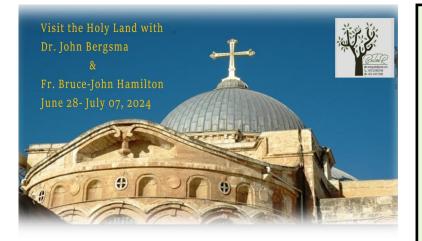
The Development Office of the Archdiocese of Vancouver has issued out the 2023 tax receipts by email. Please check your spam or junk folder.

Wanted - Used Eyeglasses

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

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.

We thank Gladys Mejia for organizing this event.





Sponsored by <u>BesTouR</u> For thirty years, leading

pilgrims through the Holy Land...

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

amerguide@gmail.com

E-mail

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 ..com 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 11

Sunday Offertory Collection	\$6252.02
BC Catholic	\$200.00
Building Fund	\$285.00
Jan 1st - Solemnity of Mary	\$10.00
Jan 2024—Initial Offering	\$40.00
St. Joseph's Society	\$5.00
January Online Donation	\$23,374.00
Total	\$30,166.05

Thank you for your generosity!

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





Remembering the Sick In Prayers

Sr. Florchita Bau-
tistaFiona Ga
Paul DavAnthony CentenoNorena GMavis ChowPeter HitLydia DalmasoSanae HeChristianne DeprePeter InIrene De RocheLudy IntiHonesto EstabilloDavid Lo

Fiona Gachallan Paul David Norena Gonzales Peter Hinz Sanae Hogan Peter In Ludy Inting David Lo Yvonne Lombardo Toma Nitta Maria Pinto Sebastian Pinto 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.

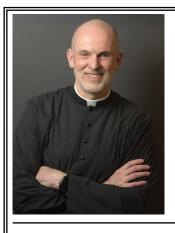


2024 LENT CHALLENGE EXODUS & EXILE

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 <u>free.</u>



BEGINS ASH WEDNESDAY, FEB 14th



pastor's Corner

1st Sunday of Lent

We are now on our way into the season of Lent. This is a time for spiritual renewal. There should be no long faces, or "dragging ourselves" around, or avoiding penance for that matter. Jesus was and is very clear that: *"I tell you, No; but unless you repent you will all likewise perish."* (Lk 13:3)

Penance, if offered properly, should result in a greater happiness in our life, even though a particular sacrifice may be difficult, as it frees us from inordinate attachments to things and ourselves. We become much freer. The Church comes to our assistance in helping us travel with Jesus through this period of 40 days. What does she do?

First of all the Readings of Mass focus on the need for conversion of heart and point out very specifically how we should be performing our acts of penance, e.g., not seeking attention, not putting on a good appearance, not to lose weight, etc. We need to focus on having an upright intention, cleanness of heart and so on when we are doing penance.

As well, there is no Gloria during Mass; there are no alleluias during Mass. These are suppressed until Easter as a sign of spiritual mourning and to cultivate that longing for the glory of the Risen Christ.

There are no flowers in the sanctuary and the priest wears violet, or purple throughout this season as a sign of penance, mortification and the royal kingship of Christ who bore the cross to Calvary. This period lasts 40 days, taking out the Sundays that are like little Easters each week. This period parallels the 40 days Our Lord spent in the desert before beginning his public ministry. During this season we will pray the Stations of the Cross each Friday night

at 7:00pm, with the exception of 1st Friday when they will be at 7:35pm. We will also pray the Stations, a youth-friendly version, with the School each Tuesday, when school is in, around 1:15pm. I encourage you to attend these, either one, or the other in order to meditate on the Way of Suffering Our Lord walked to his crucifixion and death.

There is also the usual requirement of us Catholics to do penance on all Fridays. The recommended penance is to abstain from meat, but you may substitute this with an act of charity, but the important thing is to actually do the act of charity. I recommend just abstaining from meat and uniting this act of penance to all Catholics throughout the world, the Church, who are engaged in acts of penance. This corporate act of penance, which all Catholics in the Church do, or are supposed to do during this time, helps us to make reparation for the human flesh of Christ being pierced on Good Friday. These are the ways we are assisted to living the season of Lent. This is also a good time to make a confession. There are many opportunities throughout the season. It is a good and necessary way to prepare our hearts for the celebration of the resurrection.

To this end why not attend our Parish Mission from February 24th/25th until Thursday the 29th. Please consult the bulletin for the schedule. Fr. Wade Menezes will be giving this year's Parish Mission.

As we begin Lent, let us be united in prayer asking the Lord to help us accompany him through these 40 days in the desert.

Fr. Hamilton



Pastor's Corner

本堂神父的話

四旬期第一主日

我們現在在「四旬期」的路上了,是靈性上 更新的時刻。不過,這不等於我們要表現愁眉苦 臉,或處於凝重低沉的氣氛中,甚至為了避免如 此,設法放棄做補贖的責任。須知道,耶穌曾清 楚說道:「如果你們不悔改,你們都要同樣喪 亡。(路加福音13:3)」	一個星期五)的「拜苦路」,則會在聖時祈禱後 開始(約在下午七時三十五分左右)。每星期 二,約在下午一時十五分,小學學生會在聖堂, 用少年版「拜苦路」。我鼓勵你們參加其中一個 時間的「苦路」善功,目的是默想吾主苦難,背 著苦架走上被釘的不歸路。
假如補贖做得得宜,雖然可能會嚐到特別困 難的犧牲,反而會獲得更大的喜悅,因為我們從 過份的累贅及自我中解放出來,感到更自由。而 教會亦在這四十天,幫助我們與吾主耶穌同行。 她怎幫助呢?	教會一般要求信眾在星期五克守不吃肉的 小齋作為補贖,但也可以在當天特別做一些愛德 工作作為代替守小齋。我建議大家還是在星期 五,設法克守小齋,與普世教會及她的信眾,一 起做著同一樣的補贖,一起為吾主在苦難日聖驅 被刺透作賠補。
首先,彌撒中的讀經,強調心靈轉化的重要,精準地指出我們應該怎樣做補贖;例如:不 尋求別人的注目、不沉醉於好看的外觀、不著眼 減輕體重等。當我們做補贖時,應該專注正直的 心志、心靈的潔淨。	除此之外,「四旬期」會有不同機會讓大家 妥辦修和聖事。這是極佳和需要領受的聖事,好 讓我們淨潔心靈,準備好好慶祝復活節。 結束前,推薦大家,參加本堂的「培靈 日」:二月二十四(星期六)/二十五日(星期
「四旬期」彌撒省去「光榮頌」,也沒有福 音前歡呼的「亞肋路亞」,直至復活節;這是一 種表達靈性上的哀思,等待期待已久復活基督的 光榮。	日)至二月二十九日(星期四)華狄.文禮士 Wade Menezes神父會主持這次的「培靈日」。詳 情請參閱堂區週訊。
至聖聖所沒有鮮花的擺設,獻祭司鐸穿著紫 色的祭披,象徵補贖、克苦,和背負苦架到加耳 瓦略山的尊貴王者基督。	「四旬期」開始之際,我們在祈禱中,聯合 祈求吾主幫助我們,陪伴祂在曠野裡渡過這四十 天。
四十日的算法,是由「聖灰瞻禮日」開始, 到基督苦難日,除去期間的主日(等同每週的小 復活慶日),也是紀念基督投身宣教前在曠野守 嚴齋的四十天。	Hamilton神父
本堂在「四旬期」每星期五下午七時,會有 「拜苦路(英語)」;每月首瞻禮六(即每月第	

Your Lenten Guide for Fasting & Abstinence, Accord- the purpose? ing to Catholic Teaching

By: Caroline Perkins, ChurchPOP



This year, Ash Wednesday is on Feb. 14.

During the season of Lent, the faithful practice fasting and abstinence. Below are answers to many common questions surrounding these spiritual practices!

First, let's look at the meaning of fasting and abstinence during Lent.

Fasting is a form of penance and spiritual discipline. According to the USCCB, "When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal."

Abstinence refers to the absence of meat (mammals) or fowl. This is because traditionally, meat was more expensive and considered a luxury.

Fish is allowed during Lent, which is why many parishes have fish on Friday!

At one point, Catholics abstained from eating meat every Friday of the year, but U.S. bishops now allow Catholics to instead substitute another act of charity or sacrifice. Next, when are each of these practices required, and who is under an obligation to do so?

The Church obliges Catholics to fast and abstain on Ash Wednesday and Good Friday. In addition, Fridays during Lent are required days of abstinence.

The Church requires adults ages 18-59 to fast on Ash Wednesday and Good Friday.

According to the USCCB, "The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards."

However, the Church exempts certain groups from these requirements and asks them to make an alternative sacrifice.

The USCCB states, "the physically or mentally ill, including individuals suffering from chronic illnesses such as diabetes...In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting."

Pregnant or breastfeeding women are also in this catego-

Lastly, why do we fast and abstain during Lent? What is

There are many reasons the Church calls us to fast and abstain during the season of Lent.

The main reason is to grow closer to Jesus by imitating His temptation in the desert. By uniting our sufferings and temptations with His, we can better participate in His death and resurrection.

Fasting and abstinence are also rooted in scripture! The prophet Daniel explains, "Then I turned my face to the Lord God, seeking him by prayer and supplications with fasting and sackcloth and ashes" (Dan. 9:3). The Book of Tobit says, "Prayer is good when accompanied by fasting, almsgiving, and righteousness" (Tob. 12:8)

Finally, the Book of Psalms says, "When I humbled my soul with fasting, it became my reproach." (Ps. 69:10). The Catechism of the Catholic Church outlines the importance of this practice:

CCC 1434: "The interior penance of the Christian can be expressed in many and various ways. Scripture and the Fathers insist above all on three forms, fasting, prayer, and almsgiving, which express conversion in relation to oneself, to God, and to others. Alongside the radical purification brought about by Baptism or martyrdom they cite as means of obtaining forgiveness of sins: efforts at reconciliation with one's neighbor, tears of repentance, concern for the salvation of one's neighbor, the intercession of the saints, and the practice of charity 'which covers a multitude of sins.""

CCC 1438: "The seasons and days of penance in the course of the liturgical year (Lent, each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works)."

CCC 2043: "The fourth precept ('You shall observe the days of fasting and abstinence established by the Church') ensures the times of ascesis and penance which prepares us for the liturgical feasts and helps us acquire mastery

over our instincts and freedom of heart." Here's a reminder from Saint Thomas Aquinas to motivate your journey:

"Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, auenches the fire of lust, kindles the true light of chastity."

WHY DO WE PRACTICE Fasting & Abstinenc DURING LENT? **Imitating Jesus'** temptation in the desert. Opportunity to suffer for Christ & His Church! Numerous scriptural roots of fasting.

The Catechism of the Catholic Church (1434, 1438, 2043) ChurchPOP.com

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 WHY DON'T WE SING Now To Give Alms This Lent WHY HOUGH? From Catholic-Link.org Volunteer Your Time "ALLELUIA" IS A HEBREW WORD THAT MEANS Clean out your pantry and give "PRAISE YAHWEH". IT IS A JOYFUL WORD, AND AS WE SING, WE JOIN THE HEAVENLY items to a foodbank WORSHIP OF THE CHOIR OF ANGELS Make a meal for a neighbor or familv in need

- Sacrifice a treat (coffee, dessert) and give that money ot hte poor
- Make bags of toiletry items to give to the homeless

 Give away an outfit or item you still really Like! (And others you no longer use)





MY LORD







The Most Holy Eucharist: Gift and Sacrament A Parish Mission With Fr. Wade L. J. Menezes, CP

Date	Time	Event
Sun, Feb 25	5:30 pm - 6:30pm	Confession
		Mission Hour with Exposition of
to	7:00pm - 8:00pm	the Most Blessed Sacrament
Wed, Feb 28	8:15pm to completion	Confession
Thurs, Feb 29	5:30 pm - 6:30pm	Confession
	7:00pm - 8:00pm	Holy Mass
	8:15pm to completion	Reception at the vestibule



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.

Fr. Wade has served as the Assistant General and as the Director of Vocations and Director of Seminarians for the Fathers of Mercy. Fr. Wade has also served as the Chaplain-in-Residence at the Shrine of the Most Blessed Sacrament of Our Lady of the Angels Monastery in Hanceville, Alabama. While at the Shrine, Fr. Wade was a daily Mass celebrant, homilist and confessor; he also

gave spiritual conferences on specialized points of Catholic Christian doctrine to the many pilgrims who visit the Shrine. Both the Monastery and Shrine are affiliated with EWTN, the Eternal Word Television Network. As an itinerant preacher for the Fathers of Mercy, Fr. Wade has preached throughout the United States, Canada, and Australia.