



**July 5, 2026
Fourteenth Sunday in Ordinary Time**

Pastor 主任司鐸
Fr. Bruce-John Hamilton

Assistant 助理司鐸
Fr. Patrick Lê

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 9:00am - 4:00pm

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 廣東話)

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
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*)

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 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:
Chaplain**
Fr. Ron Sequeira, OCD
Tel # - 236-788-0699

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
604-982-2344/604-445-9323
(cell)/604-252-4224 (pager)

PARISH MINISTRIES/GROUPS

- | | |
|------------------------------|--|
| Adoration Chapel | Araceli Hinz |
| Alpha | Michelle Wong |
| Altar Servers | Fr. Hamilton, Fr. Le, Margie Lacson |
| After Mass Socials | Jennifer Tow, Tina Chan |
| Baptism Preparation | Adelia Yiu |
| Bible Study | Joyce Fung |
| Catholic Women's League | Camille Macapanpan |
| Chinese Community | Frank Chan |
| Choir | Kevin Garcia (5pm)
Dominica Chan (9am)
Scholastica Au (11am)
Vincent Lau (3pm) |
| Church Care | Joyce Fung |
| Altar Linens | Agnes Lo |
| Church Flowers | Monica Lau |
| Emergency Management | Serafina Chau |
| EMC | Bill Lam |
| Hospitality Ministry | Mary Vendencia, |
| Intercessory Prayer Ministry | Lina Glass, Winnie Koch |
| Knights of Columbus | David Robinson |
| Legion of Mary | Margie Goebel |
| Marriage Mentorship | David & Connie Robinson |
| Men's Group | Seamus O'Brien |
| PREP | Annie Dee |
| RCIA | Neila Tong
Veronica Yam |
| Faith Studies | Thomas Robinson |
| Readers | Irene Goh (Weekend Mass)
Joyce Fung (Weekday Mass) |
| Safe Environment | Margie Lacson |
| Seniors' Ministry | Theresa Stewart,
Remedios Yeung |
| Senior Leadership Team | Fr. Hamilton, Fr. Le,
Winnie Shiao, Deborah
Welsh, Schola Au,
Catherine Kriekenbeek-Lee |
| Ushers | Rick Lam |
| Youth Ministry | Miguel Lacson, Isabelle Liu |
| Young Adults | Bruno Rodriguez, Rae Ann Hernandez |



Mass Intentions for the week

July 5, 2026

Fourteenth Sunday in Ordinary Time

July 04, Saturday (Vigil Mass)

5:00 PM—Filipina Sykora RIP

July 05, Sunday (14th Sunday in Ordinary Time)

9:00 AM – Fanny Lo, Birthday

11:00 AM – Parishioners, Living and Deceased

3:00 PM – Jennifer Lau, RIP

July 06, Monday (St. Maria Goretti, Virgin & Martyr)

8:00 AM – Giuseppe Antononi, RIP

July 07, Tuesday

8:00 AM – Leila, Special intentions

July 08, Wednesday

8:00 AM—Conversions of sons and daughters

July 09, Thursday (St. Augustine Zhao Rong)

8:00 AM— Duc Tran, Special intentions

July 10, Friday

8:00 AM—Josip Cvitanovic, RIP

6:00 PM—Holy Hour of Adoration

July 11, Saturday (St. Benedict, Abbot)

8:00 AM—Jhonny Honda, RIP

Church Cleaners Needed

Please join our Church Cleaning workers. We meet weekly to clean God’s House with Devotion and Commitment.

Please contact Joyce Fung at Joycekung@gmail.com for further information on joining our team.

Stewardship Reflection

July 5, 2026 - 14th Sunday in Ordinary Time

“Come to me, all you who labor and are burdened, and I will give you rest.” Matthew 11:28

In the Gospel, Christ gives thanks to the Father for those who are humble for it was to them that the Father was revealing the Kingdom of God to. Humility is an important virtue to foster especially in the work of stewardship, for with humility we can see how much God is generous to us and how much we need Him. With humility, we can ask the Lord to help us carry our burdens, and He will make them light.

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Remembering the Sick In Prayers

Prayers for the sick can be requested. To add the name of your loved one, please drop by or call the Parish Office.

Virginia Mak Sun, Peter Sun, Vincent Kwan, Bernard Glemas, Delia Yapp, Agnes Lau, Josephine Manni, Monica Conlin, Jack Wong, Vilashini Krystal Mudalian, Viway Shiu Mudaliur, Joy Trapasso, Osiris Dela Rosa, Imelda Campos, Nicole Mo, Debbie Artman, Norena Gonzales, Sharon Cruz, Jomar Tolosa

The names listed in the bulletin will remain here for 2 months unless the office is notified.

Last Weekend’s Collection

Offertory Collection	\$ 7,357.00
Building Fund	\$ 4,237.00
Catholic Mission in Canada	\$ 62.00
Pro Life	\$ 262.00
TOTAL	\$ 11,918.00

NEXT SPECIAL COLLECTIONS:

July 26 Building Fund

Thank you for your generosity.



St Joseph’ Parish (Mission) invites you to the Grotto of Our Lady Lourdes at Fraser River Heritage Park (7494 Mary St, Mission) to celebrate the Holy Eucharist in honour of Our Lady, on Saturday, **Aug 15th at 1pm**. Main celebrant will be Most Rev. Richard W. Smith, Archbishop of Vancouver. Confessions will be heard on site between 10am – 1pm. After Mass, procession to the Grotto where the Rosary is prayed and then Benediction of the Most Blessed Sacrament .

Please bring your own picnic lunch and chairs. For bus info, please contact the Bus Coordinator in your parish or email : info@aquinasinstitute.ca. See official poster in lobby of the church. Visit www.MissionGrotto.com



WE ARE HIRING!

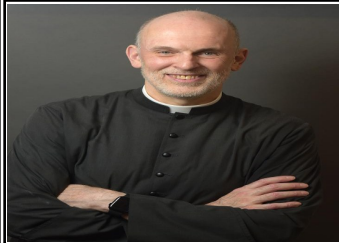
Maintenance & Groundskeeper

Full Time Position; Monday to Friday **8:00 am – 4:00 pm**

We are accepting applications. Please see the job description on our parish website or click the link:

https://www.ccp parish.ca/ files/ugd/c33fe4_feb786bb9ac24f73b3bc79bb01cc2d24.pdf

Submit a resume and a cover letter to Winnie Shiao at Winnie@ccparish.ca



14th Sunday in Ordinary Time

Pastor's Corner



The summer is about relaxation and rejuvenation. I also want to encourage everyone to see these months as valuable opportunities, that will pass quickly, for growth. Growth in both learning and growing as disciples of Jesus. Below are a few paragraphs that are meant to encourage you to grow, if you want to. I hope that you find them helpful!

Growth does not come from waiting for life to become easier, it comes from intentionally choosing what is difficult. Modern neuroscience supports this insight. A part of the brain called the **anterior cingulate cortex (ACC)** plays a key role in self-control, becoming especially active when there is a conflict between what we *want* to do and what we *know* we *should* do. Like a muscle, this "willpower" system becomes stronger through repeated use. Every time we choose discipline over comfort, we strengthen these neural pathways and increase our capacity for resilience, perseverance, and sound decision-making. It is remarkable that what science is discovering today echoes what the saints have taught for centuries: virtue grows through repeated acts of choosing the good.

This growth occurs not through dramatic acts of heroism, but through small, consistent choices made every day. Examples include getting up as soon as the alarm rings instead of pressing snooze; beginning the day with prayer before looking at your phone; choosing to read rather than mindlessly scrolling social media; exercising even when you do not feel motivated; eating healthy when less healthy options are more appealing; apologizing promptly instead of avoiding responsibility; having a difficult, but necessary conversation; or taking immediate action on an important task instead of procrastinating. These seemingly ordinary decisions become the daily "training ground" where both our willpower and our virtues are formed. As St. Josemaría Escrivá frequently taught, sanctity is found in the faithful carrying out of ordinary duties with extraordinary love.

Perhaps the most important lesson is that most people do not fail because they lack knowledge, but because they fail to follow through. Comfort gradually weakens resilience, while resistance develops it. Rather than waiting until we "feel like it," we are called to act consistently, trusting that discipline and not fleeting motivation, produces lasting change. This reflects the wisdom of St. Thomas Aquinas, who taught that virtues are acquired through repeated good acts until they become stable habits. The choices we make each day shape our habits, our character, and ultimately the people we become. In both Catholic spirituality and modern neuroscience, the same truth emerges: choosing difficult but

good things consistently is the path to authentic freedom, maturity, holiness, and lasting human flourishing.

As I mentioned last week, try to select 5 things to do each day and work at them everyday. This Pastor's Corner is the last one for the summer. I have a number of books on my "to start reading" list.

In case you did not receive the letter, I sent to the parish and school community last week regarding [Phase 2 of our Campus Master Plan](#) please click the link and you can read it:

Let us pray for each other and place ourselves under the protection of Jesus's Precious Blood.

Fr. Hamilton

Congratulations to Owen Li and Tracey Tam who were married on June 20, 2026!

RELIGIOUS BOOTH

The Religious Articles Booth will be closed for summer. If you have any special request you can email serafinachau@gmail.com

THE KIDS' BULLETIN WILL BE BACK IN SEPTEMBER



Join Fr. Bruce-John Hamilton on Instagram

Keep up with what's new from

Fr. Bruce-John Hamilton.

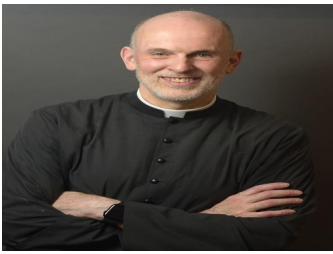
https://www.instagram.com/fr.brucejohn_hamilton/

After Mass Socials will be at the Parish Center this week.

Summer Blessings

Light is shed upon the righteous and joy on the upright in heart. Rejoice in the Lord, you who are righteous, and praise his holy name.
PSALM 97:11-12





Pastor's Corner

常年期第十四主日
本堂神父的話



夏天是放鬆與恢復活力的季節。我也想鼓勵大家，把這幾個月視為寶貴的機會——雖然轉瞬即逝——用來成長。成長於學習，也成長為更成熟的耶穌門徒。以下幾段文字，是為了鼓勵你在願意的情況下努力成長。我希望你會覺得有幫助。

成長並不是等待生活變得容易，而是有意識地選擇那些困難的事。現代神經科學也支持這一洞見。大腦中有一個區域稱為「前扣帶皮質」（anterior cingulate cortex, ACC），在自我控制中扮演重要角色，尤其是在我們想做的事，與我們知道應該做的事之間產生衝突時，它會特別活躍。就像肌肉一樣，這個「意志力系統」會因反覆使用而變得更強。每一次我們選擇紀律而非舒適，我們就在強化這些神經路徑，並提升我們的韌性、毅力與健全的判斷力。令人驚嘆的是，科學今日的發現，正呼應聖人們數世紀以來的教導：德行是透過反覆選擇善而成長的。

這種成長並非來自戲劇性的英勇行為，而是來自每天那些小而持續的選擇。例如：鬧鐘響時立即起床而不是按下延遲；在看手機之前先以祈禱開始一天；選擇閱讀而不是漫無目的地滑動社交媒體；即使沒有動力也去運動；在較不健康的選項更吸引人時仍選擇健康飲食；立即道歉而不是逃避責任；進行一場困難但必要的對話；或是立刻處理重要的工作而不是拖延。這些看似普通的決定，成為我們每天的「訓練場」，在其中我們的意志力與德行逐漸形成。正如聖荷西瑪利亞、艾斯克里瓦常教導的：聖德是在以非凡的愛忠實完成平凡的責任中找到的。

也許最重要的教訓是：大多數人失敗並不是因為缺乏知識，而是因為缺乏持續的行動。舒適會逐漸削弱韌性，而抗拒困難則能培養它。我們不應等待「有感覺」時才行動，而是被召叫持續地行動，相信紀律而非短暫的動機，才能帶來持久的改變。這反映了聖多瑪斯、亞奎那的智慧：德行是透過反覆的善行而獲得，直到成為穩定的習慣。我們每天的選擇塑造我們的習慣、性格，並最終塑造我們成為什麼樣的人。在天主教靈修與現代神經科學中，都出現同樣的真理：持續選擇那些困難但良善的事，是通往真正自由、成熟、聖德與持久人類幸福的道路。

正如我上週提到的，試著選擇五件每天要做的事，並每天努力實踐。這篇本堂神父的話將是夏季的最後一篇。我自己也有一份「準備開始閱讀」的書單。

如果你沒有收到我上週寄給堂區與學校團體的信件，內容是關於我們校園總體規劃第二階段，[Phase 2 of our Campus Master Plan](#)，請點擊連結閱讀。

讓我們彼此祈禱，並把自己交托在耶穌至聖寶血的保護之下。

Hamilton神父

Safeguarding the children of the Parish
Understand the nature and rights of a Child in Christianity, and spirituality in mission

**守護堂區的孩子：
在基督宗教中孩子的本質和權利，
及侍奉中的靈修**

- Guest speaker: Christine Mok
- July 5 (Sunday)
- 4:30 pm
- Corpus Christi Parish Center
- Cantonese

講者：莫沛欣
日期：7月5日(星期日)
時間：下午四時三十分
地點：基督聖體堂區中心
語言：廣東話

Christine Mok (莫沛欣)
Doctorate candidate of Theology,
volunteer for safeguarding children
& vulnerable persons centre
神學 博士生，守護兒童及弱小者中心義工

Registration for PREP 2026-2027 is now open!

Registration forms are available in the parish office or the Welcome booth starting this Saturday, May 9.

PREP classes are from 4-5:15pm every Wednesday beginning Wed., Sept. 9, 2026.

Registration fees are \$90 (before June 30), \$110 (July 1-Aug 31), \$120 (Sept. 1 onwards) and \$40 for each additional sibling. Sacramental fee for First Holy Communion is \$30, Sacramental fee for Confirmation is \$30.

We require each child's baptismal certificate be submitted with the registration forms. Please DO NOT submit your registration forms without the Baptismal certificate. For further enquiries please email us at prep@ccparish.ca.