



**February 25, 2024**  
**Second 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  
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

Senior Leadership Team

Ushers  
Youth Ministry

Rick Lam  
Lois Umali Macoy

**BAPTISM**

The Baptism Preparation Classes for parents are held via Zoom every 1<sup>st</sup> (Part 1) and 3<sup>rd</sup> (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 2<sup>nd</sup> and 4<sup>th</sup> 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 25, 2024**

**Second Sunday of Lent**



**Saturday, February 24** *Vigil Mass*

5:00 PM Rosario Ciolli, RIP

**Sunday, February 25** **2nd Sunday of Lent**

9:00 AM All Parishioners, Living & Deceased

11:00 AM The Glass Family, Thanksgiving

3:00 PM Victoria Wong, RIP

7:00 PM Parish Mission Hour with Exposition of the Most Blessed Sacrament

**Monday, February 26**

8:00 AM Julio Chang, RIP

7:00 PM Parish Mission Hour with Exposition of the Most Blessed Sacrament

**Tuesday, February 27** **St. Gregory of Narek**

8:00 AM The Tong Family, Health

1:15 PM Stations of the Cross (School)

7:00 PM Parish Mission Hour with Exposition of the Most Blessed Sacrament

**Wednesday, February 28**

8:00 AM Nevis Antoniazzi, Intentions

9:00 AM School Mass

7:00 PM Parish Mission Hour with Exposition of the Most Blessed Sacrament

**Thursday, February 29**

8:00 AM Rev. Francis Chang, RIP

7:00 PM Parish Mission Mass

**Friday, March 01** **First Friday**

8:00 AM Sandra Young, Health

6:00 PM Holy Hour

7:00 PM Patrick Cash, RIP

7:35 PM Stations of the Cross

**Saturday, March 02** **First Saturday**

8:00 AM Margaret & Joseph Korpaney, RIP

**PARISH ANNOUNCEMENTS**

**Parish Mission**



It's time for our Parish Mission. Come and learn more about the "The Most Holy Eucharist: Gift and Sacrament". It runs 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: **Sunday, Mar 24, 2024, (Palm Sunday)**

Time: **8am - 8pm**

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

**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!



**Income Tax Receipts**



The 2023 Income Tax Receipts are available for pick up at the church vestibule. 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.

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



Sponsored by [BesTourR](#)  
 For thirty years, leading pilgrims through the Holy Land...  
  
 +972-52-6903169  
 (Israel is +10 hours from Pacific Time)  
  
[amerguide@gmail.com](mailto: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 18

Sunday Offertory Collection	\$8344.70
BC Catholic	\$230.00
Building Fund	\$141.00
Jan 1st - Solemnity of Mary	\$125.00
Jan 2024—Initial Offering	\$100.00
St. Joseph's Society	\$5551.00
<b>Total</b>	<b>\$14491.70</b>

**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.

## 6 Temptations Most Christians Will Eventually Struggle With

<https://catholic-link.org/6-temptations-you-probably-struggle-with-if-youve-been-a-christian-for-awhile/>

### 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**





## 2nd Sunday of Lent

This Sunday evening, February 25<sup>th</sup> at 7pm, our Parish Lenten Mission will begin. Confessions will be held from 5:30-6:30pm. Fr. Wade Menezes from the Fathers of Mercy will be the Mission priest this year. This year's theme will be, The Most Holy Eucharist: Gift and Sacrament.

The Parish Mission is the laypersons opportunity to make a retreat that fits into your schedule. You don't have to go to a retreat house, or monastery, or convent. You can come to the parish church and hear these great conferences about the Holy Eucharist. You can receive the sacrament of Penance, or Confession.

Invest in your spiritual life, attend this year's Parish Mission. The schedule is in the bulletin!

With the new month ahead of us, this coming Friday is the 1<sup>st</sup> Friday of the month. We should strive to either maintain or cultivate a devotion to the Sacred Heart of Jesus by keep the nine 1<sup>st</sup> Fridays.

Saturday, March 2<sup>nd</sup> is 1<sup>st</sup> Saturday. This is the day of the month to cultivate devotion to the Immaculate Heart of Mary by way of the Five 1<sup>st</sup> Saturdays. Sister Lucia, one of the seers of Fatima, said this about the Five 1<sup>st</sup> Saturday:

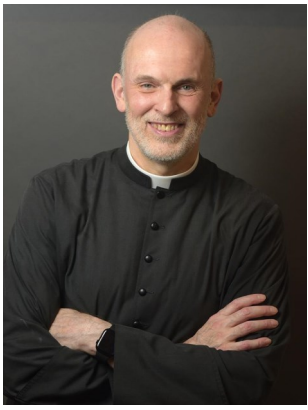
**It is sometimes asked why Our Lady asked for Communions of reparation on five first Satur**

**days, instead of some other number. Our Blessed Lord answered that question when He appeared to Sr. Lucia May 29, 1930. He explained that it was because of five kinds of offenses and blasphemies against the Immaculate Heart of Mary, namely: blasphemies against her Immaculate Conception, against her perpetual virginity, against the divine and spiritual maternity of Mary, blasphemies involving the rejection and dishonoring of her images, and the neglect of implanting in the hearts of children a knowledge and love of this Immaculate Mother.**

March is the month of the great Saint Joseph. Pray to him and ask him be your spiritual father. Ask him to help you always do what God wants you to do. Ask him to help you love God and love his spouse, Mary, and your guardian angel. Scripture records that an angel spoke to Joseph 4 times to guide him and Joseph, every time and without fail, immediately did what the angel told him to do.

Let us continue our journey, with Jesus, through Lent.

*Fr. Hamilton*



## 本堂神父的話

### 四旬期第二主日

由普慈神父會Fathers of Mercy的華狄.文禮士Wade Menezes神父主持。主題是「至聖聖體——禮品及聖事」。而開始前會有修和聖事，時間是下午五時三十分至六時三十分。

堂區的「培靈日」是給平信徒們參與退省的好機會，而不需另定日期到避靜所或修院進行。你們只要像平日一樣來到本堂，聆聽有關聖體聖事的講座，既可參與彌撒，又有辦悔罪聖事的方便。

投資在你的靈性生活，來參加我們今年的「培靈日」罷。程序時間表可在「堂區週訊」找到！

另一方面，二月即將結束，三月份要來了，我們快要迎來新月份的第一個星期五，也就是三月的「首瞻禮六」：提醒我們繼續對耶穌聖心的敬禮——特別是連續九個「首瞻禮六聖心敬禮」。

翌日、三月二日，是三月份第一個星期六，又是對聖母無玷聖心特別敬禮日。花地瑪異象其中一位見證者、路濟亞修女轉達聖母對連續五個月首星期六對她無玷聖心敬禮的要求：

為何要求連續五個月首星期六對聖母無玷聖心的敬禮，而非其它的數目呢？

1930年5月29日，吾主顯現給路濟亞修女，給她解釋「五」的數目，為的是賠補聖母無玷聖心遭受世人五種的褻瀆：冒犯她的始胎無玷（無染原罪）、否認她是卒世童貞、污衊她因聖神而受孕、抗拒她的肖像甚至作出不敬、忽略向兒童灌輸她始胎無玷的要理，與及對她作為普世無玷母親應受到的敬愛。

三月也是敬禮大聖若瑟的月份。向他祈求，請他做我們靈性上的父親，幫助我們時刻承行主旨、愛天主及愛他的淨配瑪利亞，亦幫助我們愛護守天使。聖經四次記載，天使引導大聖若瑟，他都言聽計從，沒有一次做出錯誤的決定。

最後，讓我們在「四旬期」繼續與耶穌同行。

Hamilton神父

### 3 Ways to introduce Lenten fasting to your children

By Cecilia Pigg, Aletea



*The Church encourages us to make sure our kids are “taught the true meaning of penance,” even though fasting rules don’t apply to them.*

It’s Lent — time for fasting, for no meat Fridays, and for almsgiving. But do kids have to fast? Or abstain from meat? No! **Canon law says that only those from ages 18 to 59 have to fast, while those 14 and older have to abstain from meat.** However, at the end of the paragraph about fasting and abstinence in canon law, there is a note for parents I had never noticed before. **Parents are supposed to ensure that their children are “taught the true meaning of penance” once they reach the age of reason, even though children are “not bound by the law of fasting and abstinence”** ([Canon Law 1252](#)).

Why would kids need to know the true meaning of fasting and penance? Also, **what is the true meaning of fasting and penance?** My answer to both of these questions goes back to one evening at an Indian restaurant a few years ago. My family and I were deciding what to eat from the menu with my husband’s parents, and it was a Friday. We discussed which options did not have meat, and our Indian server overheard us.

“Oh, you don’t eat meat on Fridays then?” she asked.

“No, we don’t,” we responded.

She quickly replied, asking “Ah, you do it for Jesus?”

“Yes, that’s right!” was our resounding reply.

That moment comes back to me every time I am having a hard time making a decision regarding fasting and absti-

nence, like when I am struggling to figure out what meat-less meals we will eat this Friday. Why am I doing this thing, making this sacrifice? Is it because it is just an arbitrary rule that I have to follow if I call myself Catholic? No! It’s for Jesus! **I’m doing this for Jesus — the God who loves me and died for me and who becomes present in the Eucharist just so He can be close to me.**

If we can teach our kids that Lent is a time to grow closer to Jesus, and one way we do that is by giving up meat or our normal meal schedule, I think we are well on our way to teaching them the true meaning of penance. And if they learn that lesson now, while they are small, then perhaps it will just be the normal fabric of life by the time they reach their teenage years, rather than a burdensome or arbitrary rule with no context.

Here are a few ideas on how to introduce penance and fasting to your children. Be sure to **explain why you are fasting**, even if it is as simple as, “We are doing this for Jesus! He loves us and we want to love Him better!”

#### 1. FASTING FROM FOOD

Invite your kids to give up meat with you on Fridays. It also promotes family unity if you are all eating the same meal, rather than eating different things. OR give up one snack time during the day or give up dessert or sweets on Fridays.

#### 2. FASTING FROM OUR PREFERENCES

Show them how to choose between two things, where you choose something that you like less instead of what you like the most. For example, explain that maybe your favorite breakfast food is cereal, but instead of choosing your favorite food for breakfast, let’s choose eggs and toast today as a way to love Jesus. OR you can show them how to let their sibling choose what show you watch. OR let someone else pick out the bedtime story even if it is rightfully that child’s turn.

#### 3. FASTING FROM SCREEN TIME OR A FAVORITE ACTIVITY

On Fridays, you could all fast from screens in your free time. There is beauty and built-in accountability in solidarity, so if you are all doing the same thing together, it helps. Fill that free time with something you can all enjoy instead, like taking a walk together or playing together.

# REASONS FOR FASTING



## 1 TO GROW IN SELF-MASTERY



It helps us learn to say "no" to our appetites and be free from what we don't need.

## 2 OBEDIENCE AND DISCERNMENT



It opens us up and allows us to let God and the Church tell us what is best for us.

## 3 WORSHIP AND SACRIFICE



Fasting is a sacrifice oriented towards worship of God and not ourselves.

## 4 TO BE CO-REDEEMERS WITH JESUS



As it is a sacrifice, we participate in the Cross of Jesus for the salvation of the world.

SOURCE: VIDEO "4 REASONS FOR FASTING"  
BY FR. MIKE SCHMITZ, ASCENSION PRESENTS YOUTUBE CHANNEL



## 9 Step Bedtime Routine for Catholics

From Catholic-Link.org

Remember that on the seventh day God "rested from all his work".  
(Gen 2:3)

1. Lock up the house. Shut all the lights off.
2. Organize your room.
3. Brush your teeth.
4. Take a hot shower (or at least wash your face).
5. Change into suitable bed clothes.
6. Sip a soothing drink.
7. Journal and make an Examination of Conscience
8. Night Prayer
9. Have some light night reading.

# 5 THINGS YOU CAN DO INSTEAD OF WORRYING

*We must decide to be a people who wait in joyful hope, rather than dwelling in fear and anxiety. We can only do this by placing our trust in God's perfect plan for our lives.*  
-Becky Roach

1. The Surrender Prayer. "O Jesus! I surrender myself to you, Take Care of Everything. "
2. The Surrender Novena. Did you know that there is a Novena too?! It's beautiful, and simple. You can give all your cares to the Lord. He will take care of everything.
3. Scripture Reminders of God's Presence with you. Post them around your home, on your mirror, in the kitchen, wherever you will see them. Get started with these:  
"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will

uphold you with my righteous right hand." *Isaiah 41:10*

"Be strong and of good courage; Do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." *Joshua 1:9*

"I have heard your prayer, I have seen your tear; surely I will heal you." *2 Kings 20:5*

4. Journal—Write down everything that is on your mind, everything that you are anxious or worried about. Then invite the Lord into those areas. Ask Him to speak into them. Ask Him for insight, breakthrough, and guidance.

5. Intercessory Prayer. Ask a friend or spouse to pray over you. If you feel comfortable, share your worries with them. Let them lift you up to the Lord—interceding on your behalf.



**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
to Wed, Feb 28	7:00pm - 8:00pm	Mission Hour with Exposition of the Most Blessed Sacrament
	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.