



# Guardian Angels Parish

July 9, 2017

## 14th Sunday in Ordinary Time

Rev. Rudolf V. D'Souza, OCD  
Pastor

Riz Geronimo  
Parish Secretary/Admin Assistant

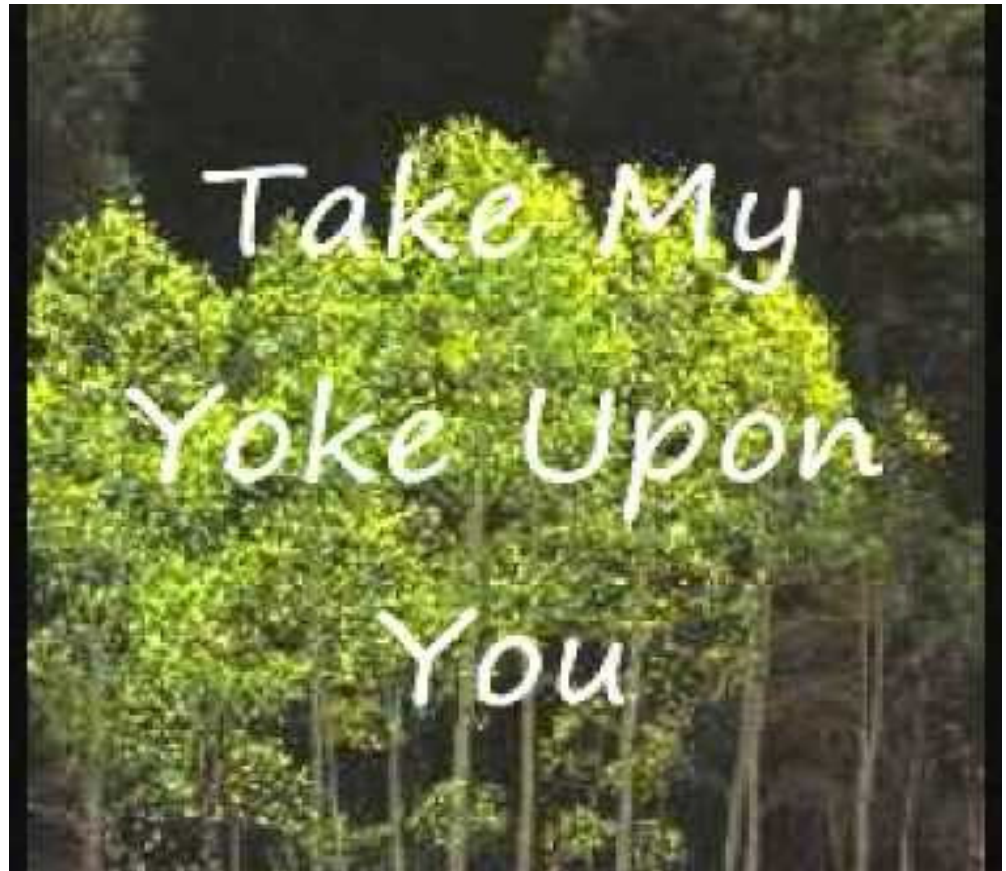
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[parish.ga@rcav.org](mailto:parish.ga@rcav.org)

Office hours:  
9:00 am – 4:30 pm  
Mon., Tues., Thu., & Friday;  
CLOSED on Wed. & weekends



### PARISH LITURGICAL AND PRAYER SCHEDULE

#### Liturgical Celebrations

**Saturday** 4:00 pm (Anticipated Mass)  
**Sunday** 9:00 am; 11:00am; 12:30pm

#### **Weekday Mass Times:**

**Monday** 7:00 pm  
**Tuesday – Friday** 8:00 am  
**Saturday** 9:00 am

#### **Sacraments:**

**Confessions**– Saturdays between 3:00—3:45 pm or by appointment.

**Baptism / Marriage / Anointing of the Sick or Home  
Communion / Funeral** - Please contact the Parish office.

#### Devotions / Prayers

##### **Morning Prayers / Breviary:**

Tuesday-Friday 7:40 am  
Saturday & Sunday 8:30 am

##### **Mother of Perpetual Help:**

Wednesdays 7:00 pm

##### **Infant Jesus of Prague:**

Mondays 6:30 pm

##### **Divine Mercy Chaplet:**

Sundays 1:30 pm

**First Fridays** - Holy Hour at 6:00 pm (except during Lent)

**Stations of the Cross (during Lent)** - every Friday at 6:30 pm followed by Mass at 7:00 pm.

## Pastor's Corner - 14th Sunday in Ordinary Time



Our lesson for today contains a verse that many of us need to take to heart. Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest."

Jesus is describing many of us. He knows our situation. Tired. Stressed out. Battling fatigue. Our nerves on edge. Other forms of fatigue such as mental fatigue and emotional fatigue can wear on us far more than physical fatigue. The feeling of not belonging, the thought one's life having little value, or carrying the intolerable burden of expectation that cannot possibly be lived up to. These expectations produce both stress and fatigue.

Jesus says to us, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." That's encouraging, isn't it? But what does it mean?

Most of you can visualize the kind of yoke Jesus had in mind. It was a kind of crossbar with two U-shaped pieces that encircled the necks of a pair of oxen. The easiest interpretation of this text is that when we are yoked to Jesus, he walks beside us and helps us bear our burdens. We don't have to bear the weight of our world by ourselves. That is the obvious teaching, and it is a beautiful teaching. But there are many ways in which being yoked to Christ gives us rest.

Soren Kierkegaard was a Danish philosopher who suffered bouts of extreme melancholy, undoubtedly due to a difficult upbringing. One day he wrote in his Journal, "And now, with God's help, I shall become myself."

What a liberating thought: "And now, with God's help, I shall become myself." Not what others expect me to be. Not some unrealistic image I have of myself. No, with God's help I shall become who I really am. No more stressful pretending. No more misguided strivings. I will relax and be me. When we feel accepted by Christ, then for the first time in our life we become free. When we are yoked to Jesus we no longer have to prove to the world that we belong.

This is to say that when we are yoked to Jesus, we know that we are loved, accepted, forgiven. It is amazing how much inner turmoil can be eliminated from our lives when we know we are loved, accepted, forgiven.

There is an ancient legend that says that, in the region of Galilee two thousand years ago, all the farmers knew where to get the finest yokes for their oxen. There was a certain carpenter in Nazareth famed for shaping and smoothing the wood so that the burden on their oxen would be as light as possible.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Christ is still in the business of fashioning yokes to ease the burdens of his weary children. His message to us still applies to this day.

God bless you,  
Fr. Rudy, OCD

Daily Readings  
July 10-15



**Monday: July 10**

Genesis 28:10-22a; Psalm 91;  
Matthew 9:18-26

**Tuesday: July 11**

Genesis 32:22-32; Psalm 17;  
Matthew 9:32-38

**Wednesday: July 12**

Genesis 41:55-57, 42:5-7a, 17-24;  
Psalm 33; Matthew 10:1-7

**Thursday: July 13**

Genesis 44:18-21, 23b-29, 45:1-5;  
Psalm 105; Matthew 10:7-15

**Friday: July 14**

Genesis 46:1-7, 28-30; Psalm 37;  
Matthew 10:16-23

**Saturday: July 15**

Genesis 42:29-31, 33, 50:15-26;  
Psalm 105; Matthew 10:24-33

Mass Offerings



**July 10 - 16, 2017**

Monday 7:00 pm-

**Sp. Int. of Sal Gallo**

By: Sean & Sol's Co-Workers

Tuesday 8:00 am-

**+Crenon Jude Mendoza +**

By: Momi Mendoza

Wednesday 8:00 am-

**+Stephane Laverriere+**

By: Daniel Brooks

Thursday 8:00 am-

**+Agnes Suk Ling Yeung+**

By: Stephen Wu & Stella Leung

Friday 8:00 am-

Saturday

9:00 am:

**+John Hehn+**

By: Joyce and Alex Crawford

4:00 pm:

**Sp. Int. of Shanya**

By: Rani

Sunday —

9:00 am:

11:00 am:

**+Lily Dekraker+**

By: Elaine Guryn

12:30 pm:

**For the special intentions of  
Guardian Angels Parishioners**

To love God is  
something greater than  
to know Him.

-St. Thomas Aquinas

PARISH ANNOUNCEMENTS

**\*Feast of Our Lady of Mount Carmel**

You are invited to celebrate the Feast of Our Lady of Mount Carmel at a special Mass on Saturday, July 15 at 11 a.m. at St. Edmund's Church, North Vancouver. The Main Celebrant will be Bishop Joseph Nguyen, Bishop of Kamloops. After the Mass, Scapulars will be blessed & distributed along with devotional prayers to Our Lady of Mount Carmel. A reception will follow in the Parish Hall. All are welcome!

AROUND THE ARCHDIOCESE

**\*Church Annulment Workshop**

Join us on Friday, July 21, from 7-9 p.m. for a workshop on Church annulment. Monsignor Bernard Rossi will discuss the purpose of church annulments, the filing process, documents and fees required and other related issues. Hosted by St. Mary's Migrant Ministry, this workshop will be held at St. Mary's school seminar room, 5239 Joyce St, Vancouver. To register, please email Lenn Castro at [stmarysmigrant@gmail.com](mailto:stmarysmigrant@gmail.com) or call Chit Arma at 604-684-7498 ext. 166 or email [resoচিতা.arma@issbc.org](mailto:resoচিতা.arma@issbc.org).

**\*Catechesis of the Good Shepherd (CGS)**

Catechesis of the Good Shepherd is a Montessori-based program of Christian formation for children ages 3 through 12. The Level I course is the foundation for all three levels of the Catechesis of the Good Shepherd and aims to prepare the adults to work, to listen and to learn with children. Sign up for Level I – Part I Training today! Join us August 14-18, from 8:30am – 5:30 pm at Immaculate Heart of Mary, ECE Centre, 789 Alderson Ave, Coquitlam. To register visit [rcav.org/catechesis-of-the-good-shepherd-training/](http://rcav.org/catechesis-of-the-good-shepherd-training/)

**\*Together in Christ**

Please join us for a special Catholic-Lutheran ecumenical fellowship of prayer, song, and discussion in September on the North Shore. Pastor Jennifer Marlor of Gloria Dei Lutheran Church and Deacon Hilmar Pabel of the Archdiocese of Vancouver will lead our three celebrations of fellowship in Jesus Christ. Our three meetings are faithful to the joint effort of the Evangelical Lutheran Church in Canada and the Canadian Conference of Catholic Bishops to mark the 500th anniversary of the Reformation: Personal Ecumenical Relationships: Saturday, Sept. 9, from 10 a.m. to 12 p.m. at Gloria Dei Lutheran Church, North Vancouver  
Ecumenical stories and aspirations of our churches: Saturday, Sept. 16, from 10 a.m. to 12 p.m. at Christ the Redeemer Catholic Church, West Vancouver  
Meaning and dignity of our common baptism: Saturday, Sept 23, from 1 p.m. to 3 p.m. at Gloria Dei Lutheran Church, North Vancouver

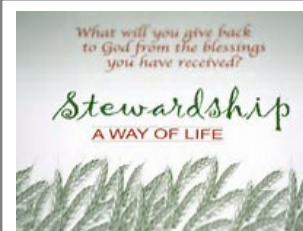
**\*Rosary Rally**

Come and support the Rosary Rally in downtown Vancouver, to make reparation to Our Lady, and give public witness to the faith! Give an hour to Our Lady on Saturday, July 15, from 10-11 a.m. at the Vancouver Art Gallery, South Plaza. For more info please contact David Pearce at [davidnoelpearce@hotmail.com](mailto:davidnoelpearce@hotmail.com)

**PROJECT ADVANCE  
2017**

**Pledge Status Report  
June 30, 2017**

Parish Goal	\$50,000
Total Pledges	\$16,060
Total Paid	\$15,015



**Reflection**

For my yoke is easy, and  
my burden light." -  
Matthew 11:30

When we think of being good stewards, we may think that God is asking too much of us when he calls us to generously share our time, talent and treasure. However, we must remember that we are not "owners" of anything; we are merely "stewards" of the gifts God has given us. All he is asking is that we give back a small portion of what he has already given to us.

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## PARISH GROUPS MINISTRIES

**Knights of Columbus (Council # 14723)**  
Terry Brennan - GK 778-229-7228

**Legion of Mary (Immaculate Heart of Mary)**  
Elsa Dimayuga- 604 537 7281

**Legion of Mary (Mother of our Savior)**  
Rufina Amandiz - 604 325-9921

**Family Rosary Crusade**  
Leonarda Lariosa - 604 684-9806

**Divine Mercy**  
Marivic Escribel - 604 434-8280

**Infant Jesus of Prague**  
Susan Hauck—604 278-6346

**Neo-Catechumenal Way**  
Contact 604-924-9179

**CFC— Foundation for Family & Life**  
Benny Luarca –778-317-0069

**Rite of Christian Initiation For Adults (R.C.I.A.)**  
Tom Weaver at 604 408-2125

**P. R. E. P. (Parish Religious Education Program)**  
**Jenny Po – thebamboo3@gmail.com**

**Project Advance**  
Cecile Bozyk - 604 683-0143

**Altar Servers**  
Terry O'Neil - 604 689-3685

**Choirs**  
Carmelita Domaoan - 604 773-9373

**Extraordinary Ministers of Holy Communion**  
Kimberly Charbonneau - 604-683-1124

**Hospitality**  
Cecile Bozyk - 604 683-0143

**Lectors**  
Maria Kaiser - 604 628-4896

**Sacristy**  
Terry O'Neil - 604 689-3685

**Flowers**  
Ave Obejas - 604 770-1249

**Safe Environment Screening Committee**  
**Jenny Po – thebamboo3@gmail.com**

*Volunteers do not necessarily have the time;  
they have the heart.*



*Let us pray for those  
in our long-term prayer list*

**Letizia Lorello, Maggie, Geoffrey & Doreen DeSousa, Joyce Kisoondath, Pat Williamson, Masooma Noorzai, Hassiran Hakim, Elizabeth Walton, Barry McDermott, Eddie Bilek, Lucille Johnston, Ralph Milburn, Milta Rapalo, Ida Brown, Sonja Lawrence, Colleen Mason, Jara Asterova, Zenaida Nicolas, Doreen Millburn, Helena Glavot, Zeenith Garay, Florence Nichols, Joanne Borrys, Soledad dela Cruz, Rosa Maria Santos, and all the sick / shut-ins of our Parish whom we may not know by name.**



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Metrotower II

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