



January 5, 2021

Pastor

Fr. Anthony Ho 何庭耀神父
fatheranthonyho@gmail.com

Emergency sick call only:
604-729-7638

In Residence

Fr. Nick Meisl

Office Administrator

Melita Soriano

Parish Office Hours

Mon-Fri 8:30AM-4PM

Weekend Masses

廣東話主日提前彌撒:

星期六 下午四時

Sat 4 PM (Cantonese),
6:00 PM

Sun 9 AM, 11 AM, 6 PM

Weekday Masses

Mon-Sat 8 AM

Public Holidays 9 AM

Confession

20 minutes before all weekend Masses and 15 minutes before all weekday Masses

Morning Prayer

Mon-Sat 7:30 AM

Adoration

Fri 8:30-9:30 AM
1st Fri 8:30-9:45AM

Holy Rosary

Mon-Sat after morning Mass

Divine Mercy Chaplet

10 minutes before all weekend Masses

Visit to the Sick

Please call Parish Office or Emergency number 604-729-7638

Baptisms

by appointment

Marriages

at least 6 months notice

My dear parishioners:

It is painful that due to the public health orders, Mass with a public congregation is now being suspended in the Archdiocese of Vancouver until at least January 8. Let us pray and pray insistently for an end to the plague.

Live-streaming of Mass

The live-streaming of Mass will continue with the regular schedule: Saturday at 4:00 p.m. (in Cantonese) and 6 p.m. (in English). Try to take advantage of this opportunity to be in communion with the rest of the parishioners, to be nurtured by the Word of God, and to join in prayer for ourselves and for humanity. Please watch the live-streaming of Mass at our YouTube Channel: <https://bit.ly/SJAParishVancouver>

Holy Communion on Sunday

An additional live-streaming of Mass every Sunday at 10:00 a.m. (in English), followed by Holy Communion in the church from 11:15 a.m. to 11:45 a.m. Those who want to receive Holy Communion on Sunday are invited to prepare themselves at home by participating in the live-streaming of Mass at 10 a.m. Our Archbishop gave the following guidelines for distributing Holy Communion in the church after participating in a live-streamed Mass:

- a few at a time
- sign in for the purpose of contact tracing
- sanitize their hands
- receive Holy Communion
- exit through another door, without remaining in the church

A prayer sheet for thanksgiving after Holy Communion will be available at the end of the Communion rail. After Holy Communion, please exit the church through one of the backdoors, and make your thanksgiving in the car.

Private Prayer and Confession

During these days the church and grotto will remain open Monday to Friday from 8 a.m. to 7 p.m., Saturday from 8 a.m. to 3 p.m., and Sunday from 12 noon to 7 p.m. so that you may come in and spend some time in prayer before the Blessed Sacrament. The church will be closed on Saturday evening and Sunday morning because of live-streaming.

Confessions are being heard on Saturday from 11 a.m. to 12 noon in the church basement. Confession can also be scheduled by appointment. Please contact me at fatheranthonyho@gmail.com

Please visit our parish website <https://sjaparish.ca/> for information regarding our online activities and for the latest updates. Let's continue to be united in prayers during this challenging time, and hopefully, we can worship together in-person soon.

In Christ,

Father Anthony Ho
Pastor

Christ's wounds heal our wounds of pride

The Third Sorrowful Mystery of the Rosary is the Crowning with Thorns. (John 19:1-5).

A mystic, Blessed Anne Catherine Emmerich, wrote, "Jesus was led forward by the executioners to the front of the balcony where Pilate was standing, so that He could be seen by all the people in the forum. Oh, what a terrible, heart-rending spectacle! Silence, awful and gloomy, fell upon the multitude as the inhumanly treated Jesus, the sacred, martyred figure of the Son of God, covered with blood and wounds, wearing the frightful crown of thorns, appeared and, from His eyes swimming in blood, cast a glance upon the surging crowd! Nearby stood Pilate, pointing to Him with his finger and crying to the Jews: 'Behold the Man!' While Jesus, the scarlet cloak of derision thrown around His lacerated body, His pierced head sinking under the weight of the thorny crown, His fettered hands holding the mock scepter, was standing thus before Pilate's palace, in infinite sadness and benignity, pain and love, like a bloody phantom, exposed to the raging cries of both priests and people, a band of strangers, men and women, their garments girded, crossed the forum and went down to the sheep pool. They were going to help in the washing of the Paschal lambs, whose gentle bleating was still mingling with the sanguinary shouts of the multitude, as if wishing to bear witness to the Silent Truth. Now it was that the true Paschal Lamb of God, the revealed though unrecognized Mystery of this holy day, fulfilled the Prophecies and stretched Himself in silence on the slaughtering bench."

Jesus suffered humiliations in the hands of Roman soldiers in order to atone for our sin of pride.

Pride is an excessive love of our own superiority. It is the beginning of all sin. Both the fallen angels and our first parents sinned through pride.

A spiritual writer pointed out: the vices begotten of pride are presumption, ambition, and vainglory. Presumption is a vice that leads us to undertake tasks beyond our capacity. Ambition is an inordinate longing for positions of dignity and honor. Vainglory consists in an inordinate love of human praise. Vainglory, in its turn, begets other vices such as disobedience, boastfulness, hypocrisy, controversies, discord, and stubbornness.

Humility is nothing but the truth. Therefore, reflection on the reality of "nothing" and "grace" is a great remedy against pride. According to Reginald Garrigou-Lagrange, OP, humility "presupposes the knowledge of two dogmas: that of creation ex nihilo, and that of the necessity of actual grace for taking the slightest step forward in the way of salvation."

In the natural order, we came from nothing and rely for our very existence on our Creator. In the supernatural order, we can do nothing without the grace of God, and without the help of God we cannot persevere and grow in the life of grace. Sinning is worse than doing nothing. How many times we have committed sin! The realization that we are sinners should keep us very humble.

One day, St. Rita of Cascia listened to a sermon preached by Blessed James of Mount Brandone on the Passion of Christ. Rita begged God to let her experienced one wound of the Crown of Thorns stigmata. She prayed, "Make me, Oh my sweet Jesus, a participant, if not of all of Your Passion, at least of a part of it.... I only ask You for one of the seventy-two thorns which pierced Your head and caused You so much pain, so that I may feel a part of the pain You felt. Oh my loving Savior! Do not refuse me this favor. Do not deny me this grace. I will not leave here consoled, if You send me away without so desired a pledge of Your love." Our Lord granted her request and she bore this wound for fifteen years.

