



January 10, 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:

Restrictions on public gathering have been extended until midnight of February 5th. See below for weekend plans. Sunday Communion services from 11:15-11:45am will continue until further updates.

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](mailto: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

DONATIONS TO ST. JOHN THE APOSTLE PARISH

Please inform the Parish Office of any address change to reflect the correct address in the tax receipt. Thank you for your generosity!

2021 SUNDAY DONATION ENVELOPES

Parishioners are reminded to pick up their 2021 envelopes at the Parish Office. The envelopes will be at the office until February 2021. All unclaimed envelopes after that will be re-issued to other parishioners who will request for them.

If you wish to have a donation box, please contact the parish office. Thank you for your usual cooperation and understanding!

**Christ embraces the Cross**

The Forth Sorrowful Mystery of the Rosary is the Carrying of the Cross. A great mystic, Blessed Anne Catherine Emmerich, wrote, "As soon as the cross was thrown on the ground before Him, Jesus fell on His knees, put His arms around it, and kissed it three times while softly uttering a prayer of thanksgiving to His Heavenly Father for the Redemption of mankind now begun..... Pilate's horsemen were now ready to start, and the trumpet sounded. They jerked Jesus to His feet, and then fell upon His shoulder the whole weight of the cross, of that cross which, according to His own sacred words of Eternal Truth, we must carry after Him. And now that blessed triumphal procession of the King of Kings, so ignominious upon earth, so glorious in the sight of Heaven, began..... Jesus, with the wood of the cross bound on His shoulder, reminded me in a striking manner of Isaac carrying the wood for his own sacrifice on the mountain."

On Palm Sunday Jesus entered Jerusalem riding on a donkey. On Good Friday Jesus carried the cross, walking out of Jerusalem to die for us. The cross is the symbol of human suffering. A spiritual writer pointed out that Scripture gives us different ways to understand the mystery of human suffering:

An early way was to attribute evil to personal sin; evil on earth is the results of the sin of Adam (Genesis 3:16-19).

The second way is the concept of compensation: those who are suffering now will prosper in the time of messianic bounty. Sinners who are enjoying pleasure now will be deprived of good fortune in the future (Luke 6:20-26; 16:19-26).

The third way is to see suffering as an educating punishment. The Book of Deuteronomy (4:25-32) shows how God taught the people in a four-phase cycle repeated throughout history: the people were unfaithful, God chastised them through suffering, the people turned to God, God sent them a liberator and brought them peace.

The best solution is to see suffering as expiation. Suffering can become the instrument of salvation. Jesus freely accepted suffering for our salvation, and He invites us to do likewise.

In his letter to the Colossians, St. Paul wrote, "[I] now rejoice in my sufferings for you, and fill up those things that are wanting of the sufferings of Christ, in my flesh, for His body, which is the Church" (1:24).

We might ask, what are the things that are wanting? Pope Pius XII pointed out, in regard to the winning of grace for the salvation of mankind, that there is nothing lacking in the sufferings of Christ, but in regard to the applying the saving grace to souls, God does demand our co-operation.

These are the things that are wanting: prayer and sacrifice are indispensable in applying the saving grace of Christ to souls. Our Lady herself told the children in Fatima, "Many souls go to hell because they have no one to pray and sacrifice for them."

One of the most important sacrifices we can make is to accept our daily crosses. Suffering can become the instrument of salvation.

On the Way of the Cross, Christ was assisted by Simon and Veronica. Simon helped Jesus by carrying the Cross. We participate in the work of redemption by the carrying of daily crosses. A spiritual writer wrote, "Happy Veronica, whose ready help was not less agreeable to Jesus Christ than that of Simon, though it might have seemed less useful, but He looks only at our intention in all that we do for Him." Veronica is a model of reparation. By performing acts of devotion in the spirit of reparation and love, we comfort the Heart of Christ.

St. John Paul II wrote, "When the cross is embraced it becomes a sign of love and of total self-giving. To carry it behind Christ means to be united with him in offering the greatest proof of love."