



**PENITENTIAL SERVICES 2021  
PARISHES VANCOUVER WEST**

- MONDAY, DEC 13 AT 7:00 PM  
**ST. AUGUSTINE PARISH**
- TUESDAY, DEC 14 AT 7:00 PM  
**BLESSED SACRAMENT PARISH**
- TUESDAY, DEC 14 AT 7:00 PM  
**GUARDIAN ANGELS PARISH**
- TUESDAY, DEC 14 AT 7:00 PM  
**STs. PETER AND PAUL PARISH**
- FRIDAY, DEC 17 AT 7:00 PM  
**ST. JOHN THE APOSTLE PARISH**
- SATURDAY, DEC 18 AT 3:30 PM  
**OUR LADY OF PERPETUAL HELP PARISH**
- SUNDAY, DEC 19 AT 6:00 PM  
**ST. ANTHONY OF PADUA PARISH**
- TUESDAY, DEC 21 AT 10:30 AM  
**IMMACULATE CONCEPTION PARISH**
- WEDNESDAY, DEC 22 AT 7:00 PM  
**IMMACULATE CONCEPTION PARISH**

December 12, 2021

**Pastor**

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

**Emergency sick call only:**  
604-729-7638

**Office Administrator**  
Melita Soriano

**Parish Office Hours**  
Mon-Fri 8:30 AM-4 PM

**Weekend Masses**  
廣東話主日提前彌撒:  
星期六 下午四時  
Sat 4 PM (Cantonese),  
5:30 PM  
Sun 9 AM, 11 AM, 5:30 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 AM-6:30 PM

**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

**Third Sunday of Advent  
December 12, 2021**

**December 12, 2021—Third Sunday of Advent**

*“Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.” (Philippians 4:6)*

St. Paul reminds us that God is an abundant God – He is the ultimate giver of gifts. He promises to give us all that we need. Remember, that we are created in God’s image and likeness. We, too, are made to be generous with all of our gifts as well. Placing our trust in God frees us from being a slave to possessions. It allows us to gratefully and generously share ourselves and our goods with others.

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**MASS INTENTIONS FOR THE WEEK**

- Dec 11 Saturday, 3rd Saturday of Advent (V).....Felix & Cecilia Chan +
- Dec 13 Monday, St. Lucy (R).....Arden Leung +
- Dec 14 Tuesday, St. John the Cross (W).....Luis Lim +
- Dec 15 Wednesday, Ferial (V).....Maria Trampus +
- Dec 16 Thursday, Ferial (V).....Mr. & Mrs. Yang INT
- Dec 17 Friday, Ferial (V).....Joe & Resela Wong-Sing INT
- Dec 18 Saturday, Ferial (V).....John Garry +

**WELCOME TO NEW PARISHIONERS AND VISITORS:** If you would like to become a member of the St. John the Apostle Parish Community, please complete a Parish Registration Form (located by the bulletin board near the main door of the Church) and introduce yourself to the priests. Envelopes are assigned to those who request for them. Please pick them up at the church vestibule or at the Parish Office.

**THE IMPORTANCE OF PARISH REGISTRATION AND USE OF PARISH SUNDAY ENVELOPES:** Some Church goers are requesting from the parish Letters of Good Standing or Reference Letters as part of Baptism and/or Confirmation Sponsor documents or for other religious certifications or wanting their children enter a Catholic Elementary or Secondary School. The only official and ordinary way to obtain them is to register in the parish and the regular use of envelopes so that when the time comes, it will be based on official records. This is to avoid unnecessary frustrations and misunderstandings when one claims that he/she attends Mass but does not use envelopes. Thank you for your cooperation and understanding.

*Please Pray for the Sick*

Joan Archer, Maria Amelia Dias, George Murray, Bernadette Percy, May Wong, Claire Harrison, Margaret Wong, Ruby Ko, Mane Galbraith, Warren & Sean Hughes, Edwin & Suzanne Pearson, Ann Monahan, Peggy Gunn, Margaret Redmond, Megan Maddock, Joseph Wong-Sing, Shirley Sullivan, Sheila Murray, Ramon Marfori, Katherine Griffin, Valentia Abbott, Maravilla Melchor, Christopher Hughes, Ma. Lourdes Limcangco, Art Ruymar, Elizabeth Jubida





**PROJECT ADVANCE 2021—OUR WAY FORWARD**  
Total Pledges received as of December 02, 2021  
\$94,151.42

Project Advance 2021 continues in our parish. To date, we have received 113 pledges, \$94,151.42. Thank you to all the parishioners and friends of our parish who have donated to our Project Advance. If you have not yet made a contribution, you can drop off your pledge/donation at the parish office or donate online by visiting <https://support.rcav.org/pa2021/>

May God bless you abundantly and reward you for being a good steward.

Father Anthony Ho

Please help our parish move forward by making a gift to Project Advance today

**2022 Sunday Missals**

2022 Sunday Missals are available for \$4.00 in the Church vestibule.



**OFFERTORY ENVELOPE 2022**

is available in the Church Vestibule. Please pick-up your box after Mass. Please check the name on the box as we have several families with the same last names.

If you did not find your name please notify the office. For those who want to request for offertory envelopes please ask Fr. Anthony and he will help you on how to register.

**Please do not use these envelopes until January 1, 2022**

Thank you.



**Please note:** Donations to St. John the Apostle Parish (including your weekly contribution 2021 envelopes & Project Advance) should be received by the Parish Office by **December 31, 2021** in order to be included in your 2021 Tax Receipt. This is a requirement of Canada Revenue Agency. Any donations received after that will be credited towards 2022.

**Advent Penitential Schedule**

At St. John the Apostle is on **Friday, December 17, at 7pm**. There will be a number of priests available for confessions. This is a good opportunity to go to confession in preparation for Christmas.



**St. John the Apostle Parish  
December 2021 Mass Schedule**



<b>December 24, Friday</b>	<b>5:30 pm 8 pm (Cantonese) 10 pm</b>
<b>December 25, Saturday Christmas Day</b>	<b>9 am, 11 am</b>
<b>December 26, Sunday</b>	<b>9 am, 11 am 5:30 pm</b>
<b>December 31, Friday New Year's Eve</b>	<b>4 pm (Cantonese) 5:30 pm</b>
<b>January 1, Saturday New Year's Day</b>	<b>9 am, 11 am</b>
<b>January 2, Sunday</b>	<b>9 am, 11 am 5:30 pm</b>

**Christmas Carols will begin at 5:10 pm  
(20 minutes before the 5:30pm English  
Christmas Eve Mass)**

**Christmas Carols will begin at 7:40 pm  
(20 minutes before the 8:00 pm  
Cantonese Christmas Eve Mass)**



**Please do not read bulletin during Holy Mass! Thank you!**

**Saint mortified both body and heart**

A key message of Our Lady in Fatima is "prayer and sacrifice". In the summer 1916, the Angel of Portugal told the children: "Make of everything you can a sacrifice, and offer it to God as an act of reparation for the sins by which He is offended, and in supplication for the conversion of sinners. You will thus draw down peace upon your country."

On August 19, 1917, Our Lady told the children: "Pray, pray very much, and make sacrifices for sinners; for many souls go to Hell because there are none to sacrifice themselves and pray for them."

St. Francis de Sales considered that mortification without prayer is like a body without a soul; and prayer without mortification like a soul without a body. Making sacrifices means doing "penance" and "mortification". Penance is related to the past. We do penance for our past sins and in the Sacrament of Penance, the priest gives the penitent a "penance" to atone for the sins confessed. Mortification is related to the present and the future. A spiritual writer defined mortification as "the struggle against our evil inclinations in order to subject them to the will, and the will to God."

Both mortification of the exterior senses and mortification of the interior senses are important for our spiritual health and growth. St. Francis de Sales taught that interior mortification is of greater importance. He said, "The devil does not trouble himself much about us if, while macerating our bodies, we are at the same time doing our own will, for he does not fear austerity but obedience."

The saint did not wish unusual mortifications to be practised except in the pressing necessity of violent temptations. Bishop Jean Pierre Camus, a disciple of St. Francis de Sales, wrote, "The devil cares very little about our body being laid low so long as he can hold on to us by the vices of the soul; and so cunning is he that often out of bodily mortifications, he extracts matter for vanity."

Bishop Camus added: "With regard to the various kinds of mortification, that which is inward and hidden is far more excellent than that which is exterior, the former not being compatible, as is the latter, with hypocrisy, vanity, or indiscretion. Again, those mortifications which come upon us from without, either directly from God or through men by His permission, are always superior to those which depend upon our own choice and which are the offspring of our will."

Regarding fasting, St. Francis de Sales said, "The body is easily subdued when it is poorly nourished, but when fully fed it soon becomes rebellious." He also said, "People who are naturally temperate have a great advantage over others both in study and in spiritual things." As a young man, St. John Bosco didn't want to eat too much, so that the food could be digested within twenty minutes after meal and would not hinder his mental works.

St. Francis de Sales did not like immoderate fasting. He wrote, "When the body is over-fed, the mind cannot support its weight; but when the body is weak and wasted. It cannot support the mind." He added: "The mind should treat the body as its child, correcting without crushing it: only when it revolts must it be treated as a rebellious subject, according to the words of the Apostle: I chastise my body and bring it into subjection."

Regarding interior mortification, St. Francis de Sales said that anger and human love are the two passions hardest to control. The saint conquered anger by direct discipline. He overcame disordered human love by redirecting its course. He said, "The soul cannot subsist without affections and the real art is to feed it only that which is good, pure, holy and true."

