

CATHEDRAL OF OUR LADY

OF THE

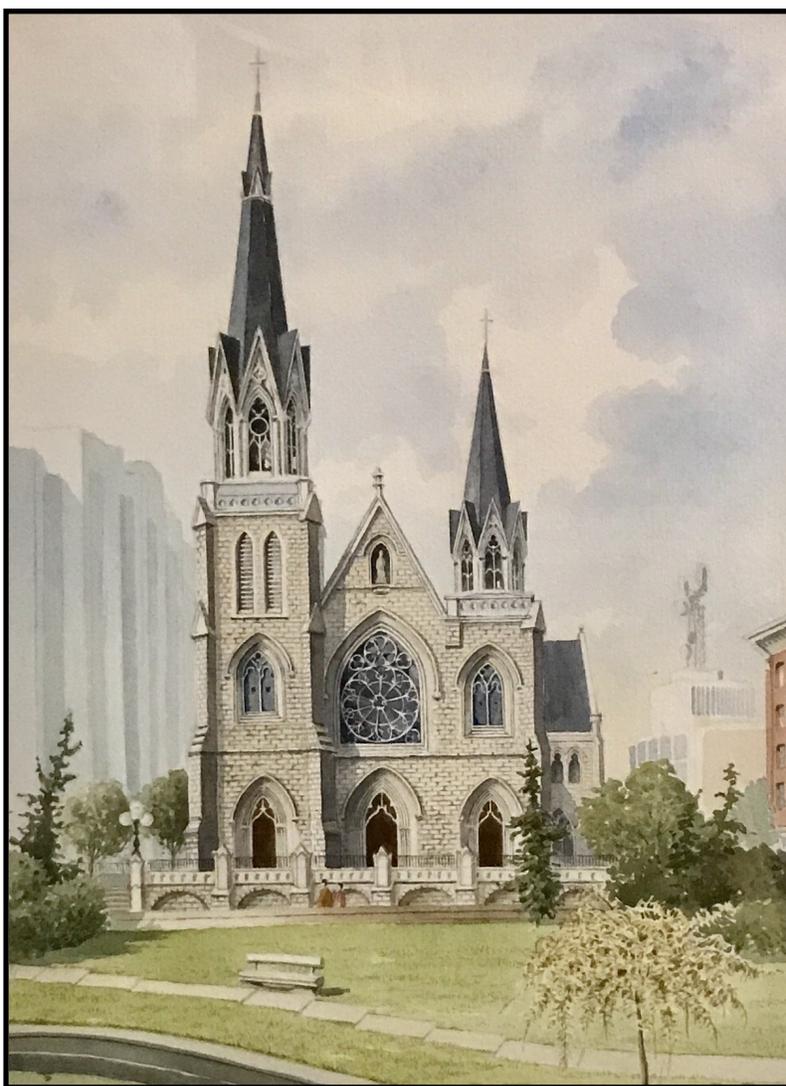
HOLY ROSARY

ARCHDIOCESE OF VANCOUVER



XVII SUNDAY IN ORDINARY TIME

JULY 29, 2018



ARCHBISHOP

Most Rev. J. Michael Miller, CSB

RECTOR

Very Rev. Stanley Galvon

ASSISTANT PRIESTS

Rev. Anicet Pinto

Rev. Juan Lucca

Rev. Nelson Santos

IN RESIDENCE

Rev. Jude Iloghalu (Chaplain of VGH)

Rev. Terry Larkin

DEACONS

Rev. Mr. Alvin Rint

Rev. Mr. Richard Chau

**646 Richards Street,
Vancouver BC V6B 3A3**

(604) 682 6774
office@vancouvercathedral.org
holyroarycathedral.org

SUNDAY MASSES

Saturday 5:10 PM anticipated Mass
Sunday 8 AM, 9:30 AM, 11 AM, 12:30 PM,
5 PM, 6:30 PM in Spanish, 8 PM

WEEKDAY MASSES

Monday to Friday 7:15 AM, 8 AM, 12:10 PM, 5:10 PM
Saturday 7:15 AM, 8 AM, 12:10 PM

CONFESSIONS

Monday to Friday 7:45 AM, 11:45 AM, 4:45 PM
Saturday 7:45 AM, 11:45 AM, 4 to 5 PM

DEVOTIONS

Sunday Vespers and Benediction at 4 PM
Morning Prayer Monday to Saturday at 8:30 AM
Rosary Monday to Saturday at 11:40 AM & 4:40 PM
(Except Thursday evenings when the Rosary is at 4:15 PM)
Chaplet of the Divine Mercy Fridays 3 PM
Prayers to God the Father Tuesdays at 4 PM
Adoration Thursdays from 4 PM to 5 PM and
First Friday from 12:45 PM to 5 PM



**SUNDAY MASS READINGS
XVII SUNDAY IN ORDINARY TIME**

First Reading 2 Kings 4.42-44

They shall eat and have some left.

Responsorial Ps. 145

R. You open your hand to feed us, Lord; you satisfy all our needs.

Second Reading Ephesians 4.1-6

There is one body and one Spirit, one Lord, one faith, one baptism.

Gospel John 6.1-15

Jesus distributed to those who were seated as much as they wanted.

CATHEDRAL REGISTRATION

If you have recently moved into the downtown area, please pick up a parish registration form from the Cathedral Office. Please contact our office for Donation Envelopes.



CATHEDRAL OFFICE

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Web holyrosarycathedral.org

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Groundskeeper James Faulkner
Groundskeeper Rolando Dauz

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Dcn. Alvin Rint
VOLUNTEER LIAISON
604-682-6774 ext. 5

MESSAGE FROM THE RECTOR

Handling wisely the challenges from summer

“Slip on a shirt, slap on a hat, slop on some sunscreen!!!” The respected website preventcancer.ca offers us this effective guide borrowed from Australia about how to wisely handle harmful UV rays.

Summer time also brings skimpy and revealing clothing styles. Such clothing can bring challenges to the way we think and act chastely. Chastity simply means faithfulness and fruitfulness within marriage and abstinence from sex outside of marriage. This is the recipe from God for healthy and happy living.

The Catholic church has a very helpful guide towards protecting our chastity when tempted. It is simply “Pray, Study and Act”

Regarding **prayer**... we have the saints to help us appreciate the goodness of living chastely. Saint John Paul II blessed us with his teachings on the theology of the body and his heart-moving talks at the various World Youth Day gatherings. Saint Francis of Assisi offered us his stirring example of poverty of spirit and simplicity. Saint Therese of Lisieux writes about the pure and beautiful love of Jesus that our heart seeks. And Saint Maria Goretti shows us the goodness of purity and forgiveness.

Regarding **study**... check out the website catholic.com under the “chastity” section. Also, a Catholic website that has helped many people is reclaimsexualhealth.com

Regarding **action**... try to develop a daily plan to keep busy and balanced in work, recreation and sleep. Pray each day the rosary in one of its many forms. Ask the Blessed Virgin Mary to help give you custody of the heart i.e. a deep ongoing focus on God’s plan and promises to you.

Fr. Galvon



PRAYER FOR THE HEART OF A CHILD

Mary, Mother of God,
 preserve in me the heart of a child,
 pure and transparent as a spring.
 Obtain for me a simple heart
 That does not brood over sorrows;
 A heart generous in giving itself,
 Quick to feel compassion;
 A faithful, generous heart
 that forgets no favor
 and holds no grudge.
 Give me a humble, gentle heart
 Loving without asking any return;
 A great indomitable heart
 That no ingratitude can close,
 No indifference can weary;
 A heart tortured by its desire
 for the glory of Jesus Christ:
 Pierced by His love
 With a wound that will heal
 only in heaven.

- Fr. Leonce de Grandmaison



CATHEDRAL NEWS

RCIA STARTS OFF AGAIN IN SEPTEMBER

RCIA is for those who have not been baptized, those baptized in another Christian tradition, those baptized as infants but who have not received formal Faith instruction, and those who wish to deepen the understanding of the Faith. Classes are held on Tuesday evenings, 7 - 9 PM in Holy Rosary Hall beginning in September. More details to come.

NEXT BAPTISM PREPARATION CLASS, AUGUST 11

The next baptism preparation class will take place on August 11 at 10 AM. Please call the parish office to register.

FIRST FRIDAY, AUGUST 3

Mass at 12:10 PM followed by exposition of the Blessed Sacrament. The church will be open for Adoration in the afternoon. Benediction before the 5:10 PM Mass. Lunch in the Hall will be served after the 12:10 PM Mass. Enjoy soup and sandwiches, \$5/person, hosted by the Cathedral Volunteers.

2018 ARCHBISHOP'S DINNER

Save the Date: Tuesday, October 30. Reception at 6:00 PM, dinner at 7:00 PM, Hyatt Regency 655 Burrard Street, Vancouver. Archbishop Miller has designated the proceeds of the Seventh Annual Archbishop's Dinner to help the Archdiocese meet the costs of its intensive and comprehensive formation program for our future permanent deacons, along with the continuing education of those already ordained. Information on how to get a place at the Cathedral table and ticket prices to come soon!



ARCHDIOCESAN NEWS

PILGRIMAGE TO GROTTA OF OUR LADY OF LOURDES

Come to Fraser River Heritage Park, 7494 Mary Street, Mission, to pray and celebrate in honour of Our Lady of Lourdes on Sat., Aug. 18, from 10 AM to 4 PM. Confessions begin at 10AM, celebration of the Eucharist at 1PM by Archbishop Miller, CSB. After Mass, there will be a procession to the Grotto where the Rosary will be prayed followed by Benediction of the Blessed Sacrament. Please bring picnic baskets and chairs. For further info on the pilgrimage, contact Lysia Murphy, greenthumb777@yahoo.com or visit www.rcav.org/missionpilgrimage.

ROOTED - WOMEN'S RETREAT 2018

Back by popular demand, Heather Khym leads us on a spiritual journey to deeply root our faith. This retreat is for all woman 16 and older. Registration fee includes all coffee breaks, catered lunch, and a beautiful welcome gift. Join us September 14, 7 - 9 PM and September 15, 10 AM - 5:30 PM at St. Luke's Parish Family Centre, Maple Ridge. The retreat will end with Mass. Invite your friends and family. For more information or to register, contact Cathy Piche at (604) 836 2252 or send an e-mail to mcpiche@telus.net.

MEN'S RETREAT 2018

The Men's Retreat is for every man searching for deeper relationship with God and a fuller understanding of what it means to live as a son of the Father. It is an opportunity to get away from the busyness and demands of our schedules to personally encounter God and experience His generous love. Join us Friday, Sept. 28, to Sunday, Sept. 30, at Rockridge Canyon. Registration opens Aug. 1 at <https://www.liferestoration.ca/mensretreat/>.

MINISTERIO HISPANO

Misa en Español: Domingos a las 6:30 PM

Confesiones en Español: Mier, Jue y Vier 11:45 AM y 4:45 PM.

Rosario en Español: Domingos a las 6:05 PM.

Jóvenes Adultos (19-35+) – Aquí en el Holy Rosary Cathedral Hall - Todos los Miércoles. Hora: 7 - 9 PM

SAN ALBERTO MAGNO OBRAS: SER MIEMBROS DE CRISTO

Libro sobre los sacramentos

«Jesús cogió los panes y después de dar gracias, se los repartió» (Jn 6,11)

Señor, lavados y purificados en lo más profundo de nosotros mismos, vivificados por tu santo Espíritu, saciados por tu Eucaristía, haz que nosotros compartamos la gracia que ha sido parte de los santos apóstoles que han recibido el sacramento de tu mano. Desarrolla en nosotros el deseo y la voluntad de seguirte, como miembros tuyos (1Co 12,27) para que nosotros seamos dignos de recibir de ti la sabiduría y la experiencia de tu alimento espiritual.

Desarrolla en nosotros el celo de Pedro para rechazar toda voluntad contraria a la tuya, ese celo que Pedro demostró en la Cena... Desarrolla en nosotros la paz interior, la determinación y la alegría que gustó Juan, inclinado sobre tu hombro (Jn 13,25), que podamos adquirir tu sabiduría, que aprendamos el gusto de tu dulzura, de tu bondad. Desarrolla en nosotros una fe recta, una esperanza firme y una caridad perfecta.

Por intercesión de los santos apóstoles y de todos los discípulos bienaventurados, haznos recibir de tu mano el sacramento, haznos evitar sin dudar la traición de Judas e inspira en nuestro espíritu aquello que tu Espíritu ha revelado a los santos que están en el cielo. Haz todo esto, Tú que vives y reinas con el Padre, en la unidad de un mismo Espíritu desde el principio hasta el fin de los siglos. Amén.

MUSIC NOTES

Cathedral Organist & Music Director

Denis Bédard (604) 322 5995

Assistant Organist & Music Administrator

Catherine Walsh (604) 222 8072



MUSIC PROGRAMME FOR THE 11 AM MASS Sunday, July 22

Organ Prelude: Plein Jeu and Fugue
- F. COUPERIN

Offertory: The Lord Is Good (Quartet) - C. TYE

Communion:

1. God Be In My Head (Quartet) - J. RUTTER
2. Récit de Tierce (Organ) - F. COUPERIN
3. O Sacred Feast (Quartet) - H. WILLAN

Organ Postlude: Fugue in G minor
- D. BUXTEHUDE

MUSIC PREVIEW FOR August 5, 2018

Missa L'Hora Passa - L. DA VIADANA

Ave Maria - J. ARCADELT

Tantum Ergo - T. L. VICTORIA

Sicut Cervus - G. P. PALESTRINA

P Ó-pu-lus Si-on, * ec-ce Dó-minus vé-ni- et

ADVERTISE!! If you or your company would like to advertise on the back of the Holy Rosary Cathedral Bulletin, please contact Max Madrussan for more information at (778) 899 6388 or send an e-mail to mmadrussan@cancommedia.com

CATHEDRAL LIFE

BAPTISMS

Sundays at 2 PM. Preparation classes are held on the second Saturday of each month. Please call the Cathedral office to find out more.

MARRIAGES

Bookings should be made at least six months in advance. Couples please contact the Cathedral office for information.

ALTAR SERVERS

The Cathedral has a team of dedicated men who are scheduled to help at specific Masses. Help is needed at weekday Masses too. Contact Fr. Juan Lucca, (604) 682 6774 ext. 228 for more information.

CATHEDRAL BELL RINGERS

Our eight bells are rung by hand by a dedicated band of bell ringers. New ringers, experienced and learners, are always welcome. Visit www.vscr.ca for more information.

CATHEDRAL GIFT SHOP

The Gift Shop aims to be open before and after the noon, and evening weekday Masses, Sunday morning and evening Masses, & is staffed by a crew of dedicated ladies. Thank you for your support.

CATHOLIC WOMEN'S LEAGUE

The Catholic Women's League of Canada is a national organization, rooted in Gospel values, which calls its members to holiness through service to the people of God. We organize a wide variety of spiritual and social events and good works. Contact Jane Rosenthal, janemrose@telus.net.

CHURCH CARE & CLEANING

The sanctuary is given a thorough cleaning every Tuesday morning, 9 - 11 AM, and on the last Saturday of each month. More hands are needed. Contact the parish office at office@vancouvercathedral.com

USHERS & GREETERS

Help is needed to distribute bulletins, take up the collection, welcome all who come to Mass and generally be ready to serve with a smile! Contact: Bertilla Watanabe, bwatanabe@holynosarycathedral.org.

CHOIRS

Three choirs offer a variety of music repertoires to enrich our prayer experience. Find out which of our choirs is right for you. Contact: Catherine Walsh at (604) 222 8072.

HRC YOUNG ADULTS

HRC Young Adults is the Cathedral's young adult group. We welcome Catholics in their 20's - 30's to join us as we cultivate our faith and create friendships through fellowship as well as educational and service opportunities. Contact: hrcyoungadults@gmail.com

LECTORS

The sacramental celebration of the Word of God is a proclamation which must enlighten the minds of the listeners and inspire them in the journey towards God. New lectors welcome. For more information please contact David Cuan by e-mail: lector.hrc@gmail.com

HANDMAIDS OF THE LORD

This is an all-women ministry of the Couples for Christ. It aims to provide Christian pastoral support for personal renewal. Contact: Grace Inonog, graceaka44@yahoo.com.

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

If you are a regular at the parish and live by the principles of a faith-filled Catholic, this ministry may be your calling. Lay members help with the distribution of the Eucharist when additional help is required. Please contact Shirley Wang, (604) 879 8295.

KNIGHTS OF COLUMBUS

The K of C a fraternal benefit society founded on the principles of charity, unity and fraternity. For more information please contact: Grand Knight James Faulkner, (778) 881 1937 or holyrosary.Council14652@gmail.com

LEGION OF MARY

The men & women of the Legion are a well-established organization in the parish. They serve in all areas of parish life as greeters, ushers and prayer leaders. They also make house visits to visit the sick, pray the rosary and evangelize. Rufina Amandiz, (604) 325 9921.

HISPANIC COMMUNITY

The weekly Spanish Mass now caters to the Spanish-speaking community in our parish. If you would like to get involved please contact: comunidadhispanahrc@gmail.com

COMMUNION AND LIBERATION

An ecclesial movement whose purpose is the education to Christian maturity of its adherents and collaboration in the mission of the Church in all the spheres of contemporary life. Learn more at clonline.org or contact us at communionliberationvancouver@gmail.com



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