**Holy Hour Happy Hour, July 15**

Join us at the Cathedral for a Holy Hour, a peaceful time to connect with Jesus, followed by a social event for young adults in their 20s and 30s. The Holy Hour is followed by a social event for young adults in their 20s and 30s at a nearby restaurant. Friday, July 15, 8 PM.

**Pilgrimage to the Grotto, Sat. Aug. 20**

After an absence of 2 years, St. Joseph’s Parish in Mission is once again inviting everyone to celebrate the Holy Eucharist in honour of our Lady at 1 PM on Saturday, August 20. Main celebrant will be Father Gary Franken. Confessions will be heard from 10 AM to 1 PM. Procession to the Grotto with Rosary and Benediction after Mass, picnic and fellowship to follow. Please bring your own lunch and chairs. For bus information, please contact Teresita Nixon, 604 970 7006 or email info@aquinasinstitute.ca.

**Men’s Retreat**

Life-restoration ministries, will be offering a Men’s Retreat from September 30 to October 2, 2022. Archbishop Miller has strongly encouraged Life-Restoration Ministries to continue providing men’s and women’s retreats. The theme for this year’s retreat is “Man in the Arena.” The retreat will challenge men to step into the arena of their lives, relying on the strength of God the Father. Registration will be available starting on July 9 at 9 AM at liferestoration.ca/mensretreat. This event will sell out so please register sooner rather than later.

**Pro Life Mass & Prayer Vigil, Aug. 6**

Monthly Mass and vigil to pray for respect for all human life from its beginning to its natural end. The next Mass will take place on Saturday, August 6, 9 AM at Star of the Sea/Good Shepherd Parish, 2250 150 Street Surrey. Join us in praying for the victims of abortion. For more information, please call 604 683 0281.

**Please keep Pope Francis in your prayers as he prepares for his visit to Canada. The Pope will be in Canada from Jul. 24-29. For more details on the visit please visit papalvisit.ca**
CATHOLIC LIFE

BAPTISMS
Baptisms are held on most Sundays at 2:30 PM. Baptism are for Cathedral parishioners or those who live in the boundaries of the Cathedral. 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.

MUSIC & CHOIRS AT THE CATHEDRAL
Please contact music director, Catherine Walsh at catherine.organist@gmail.com for more info.

KNIGHTS OF COLUMBUS
For more info, please contact: Ben Wong, 778 858 6323 or benwong.kofc@shaw.ca

HRC YOUNG ADULTS
Contact: hrcreyoungadults@gmail.com; http://facebook.com/hrcreyoungadults

LATIN MASS AT THE CATHEDRAL
At the Cathedral we have a Traditional Mass community. Masses on Friday (6:30 PM) and Sundays (4 PM). Coordinator: Daniel Chan.

CATHOLIC WOMEN’S LEAGUE
Contact Jane Rosenthal at janemrose@telus.net.

LEGION OF MARY
If you would like to get involved please contact Ave, (778) 896 0649.

ALTAR MINISTRY
The Cathedral has a team of dedicated men who serve at specific Masses. To become an Altar Server please contact the Master of Ceremonies, Fr. Santa Maria: ps santamaria@rcav.org

HANDMAIDS OF THE LORD
This is an all-women ministry of the Couples for Christ. Info. Grace Inmon: grace.inomon@yahoo.com

HISPANIC COMMUNITY
The weekly Spanish Mass now caters to the Spanish-speaking community in our parish: comunidadhispanahr@gmail.com

CATHEDRAL BELL RINGERS
Our eight bells are rung by hand by a dedicated band of bell ringers. Visit www.vscr.ca for more info.

DEVOTIONS & SPIRITUAL LIFE

Sunday Vespers and Benediction: 5:30 PM
First Friday devotions to the Sacred Heart: After 6:30 PM Latin Mass
Rosary: Monday to Saturday at 11:40 AM & 4:40 PM
Adoration: Fridays from 12:45 PM to 3:30 PM

SENT TO PREACH THE GOSPEL!

By virtue of our baptism all of us are called to preach the Good News of Christ and our salvation. Sometimes we may feel inadequate to the task, or we may be fearful of rejection. However, this is an important task of love: Christ has chosen us to be his instruments to bring the Good News to the world... a world that is in desperate need of the Gospel. The following is an excerpt of a homily given by Pope Benedict in Frascati, Italy in July 15, 2012.

In this Sunday's Gospel Jesus takes the initiative of sending the Twelve Apostles out on mission (Mk. 6, 7-13). In fact the term "apostles" means, precisely, "messengers" or "envoys". Their vocation was to be fully achieved only after Christ's Resurrection with the gift of the Holy Spirit at Pentecost. Yet it is very significant that Jesus wants to involve the Twelve in his action from the outset: it is a sort of "apprenticeship" with a view to the great responsibility that awaited them. The fact that Jesus calls certain disciples to collaborate directly in his mission demonstrates one aspect of his love, namely, that he does not spurn the help that other people can contribute to his work; he knows their limitations, their weaknesses, but bears no contempt for them. On the contrary Jesus confers on them the dignity of being his envoys. He sends them out two by two and gives them instructions which the Evangelist sums up in a few sentences. The first concerns the spirit of detachment: the Apostles must not be attached to money or to other comforts. Then Jesus warns the disciples that they will not always receive a favourable welcome. Sometimes they will be rejected; they might even be persecuted. However this must not frighten them: they must speak in Jesus’ name and preach the Kingdom of God without being worried about whether or not they will succeed. Succeed — its success must be left to God.

The First Reading presents us with the same perspective, showing us that all too often God’s messengers are not well received. This is the case of the Prophet Amos whom God sent to prophesy in the Sanctuary at Bethel, a sanctuary of the Kingdom of Israel (cf. Amos 7:12-15). Amos preached very energetically against injustices, denouncing in particular the abuses of kings and notables, abuses of power that offend the Lord and nullify acts of worship. Amaziah, the priest of Bethel, therefore ordered Amos to leave. Amos answered that it was not he who chose this mission but that the Lord had made him a prophet and sent him to this very place in the Kingdom of Israel. Therefore, whether he was accepted or rejected, he would continue to prophesy, preaching whatever God told him and not what men wished to hear. And this has continued to be the Church’s mandate: she does not preach what the powerful wish to hear. Her criterion is truth and justice even if it is unpopular and against human power. Likewise in the Gospel Jesus warns the Twelve that in some places they may be rejected. Should this be the case, they are to go elsewhere, having shaken the dust from their feet in public. This sign expresses detachment... as if to say it is you who have refused the proclamation offered to you... The other very important instruction in the Gospel is that the Twelve must not be content with preaching conversion. They must accompany their preaching, in accordance with Jesus’ instructions and example, with care for the sick, with caring for those who are sick in body and in spirit. It speaks of the healing of illnesses and also of driving out demons, that is, of purifying the human soul from clinging, cleaning the eyes of the soul that are clouded by ideologies and hence cannot see God, cannot see truth and justice. This twofold corporal and spiritual healing is always the mandate of Christ’s disciples. Hence the apostolic mission must always include the two aspects of preaching God’s word and of showing his goodness in gestures of charity, service and dedication.

Picture on Cover: The Cathedral of Vancouver, Watercolour, HRC © PSWM 2012

D R A L!

Rosary:
First Friday devotions to the Sacred Heart:
Sunday Vespers and Benediction:

Groundskeepers:
Sundays (4

Latin Mass at the Cathedral
At the Cathedral we have a Traditional Mass community. Masses on Friday (6:30 PM) and Sundays (4 PM). Coordinator: Daniel Chan.

H R C Y O U N G  A D U L T S
Contact: hrcreyoungadults@gmail.com; http://facebook.com/hrcreyoungadults