

THE CATHEDRAL SUMMER PICNIC IS TODAY!

The Cathedral's summer picnic is back! Join us at Cathedral Square for a White Spot burger and chips, cake and coffee and some light entertainment on Sunday, July 30, 12 - 3 PM. Tickets at \$10 are available to purchase at the Gift Shop.

LATIN MASS ON AUGUST 15, 6:30PM

There will be a special Latin Mass at the Cathedral to celebrate the Feast of the Assumption of Our Lady on Tuesday, August 15 at 6:30PM. All are welcome to attend

COSA VFV IS LOOKING FOR VOLUNTEERS

For the past 20 years, the CoSA program has successfully kept released sex offenders accountable, reducing re-offending by 83%. CoSA volunteers model to these individuals, often abused themselves, what positive relationships are like. To volunteer with CoSA or to donate email vfvcosa@gmail.com or call/text Tina 778 870 8860, Maureen 604 791 1864.

PRO-LIFE MASS AND PRAYER VIGIL, AUGUST 5

Monthly Mass and vigil to pray for respect for all human life from its beginning to its natural end. Next month, join us in praying for women who have had abortions at Sts. Peter and Paul parish in Vancouver on Saturday, August 5 at 9 AM.



SATURDAY, AUGUST 19 FREE BUS TO MISSION

The Order of Malta is organizing a FREE bus to Mission for those wanting to join the Pilgrimage to Our Lady of Lourdes Grotto. The pick-up times are:

9:15 AM Holy Rosary Cathedral,

646 Richards Street, Vancouver

9:30 AM Sacred Heart Parish,

525 Campbell Ave., Vancouver

Parishioners who wish to participate should bring lunch and a hat. Water and chairs will be provided. Limited number of spots available. Please contact Theresa at 604.307.9089 for more information. Please leave name and cell number or contact by August 14th.

CATHEDRAL OFFICE HOURS

Monday-Friday, 10 AM - 12 PM and 1 - 4 PM.

(604) 682 6774 ext. 0

Email: office@vancouvercathedral.org

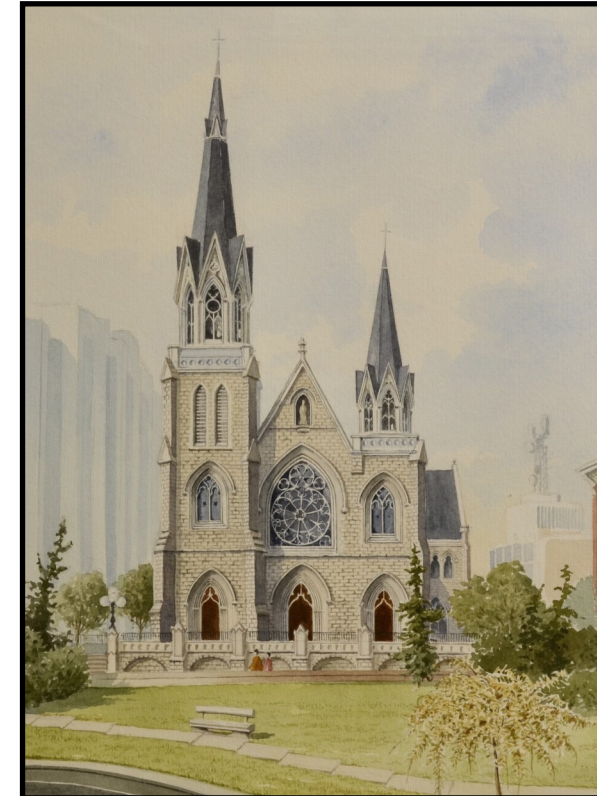
Please visit our website and follow our social media accounts.

[@holyrosarycathedral](https://www.instagram.com/holyrosarycathedral)



CATHEDRAL OF OUR LADY OF THE HOLY ROSARY

ARCHDIOCESE OF VANCOUVER



JULY 30, 2023
XVII SUNDAY IN
ORDINARY TIME

646 RICHARDS STREET, VANCOUVER, BRITISH COLUMBIA, V6B 3A3

ARCHBISHOP

Most Rev. J. Michael Miller, CSB

RECTOR

Very Rev. Stanley Galvon

VICE-RECTOR

Rev. Pablo Santa Maria, JCL

ASSISTANT PRIESTS

Rev. Arsene Dutunge, JCL

Rev. Tomson Egirious

Rev. Peter Ha



DEACONS

Rev. Mr. Alvin Rint

Rev. Mr. Richard Chau

SUNDAY MASS SCHEDULE

Saturday 5:10 PM anticipated Mass
Sunday 8 AM, 11 AM, 1 PM, 4 PM in Latin
6:30 PM in Spanish, 8 PM

WEEKDAY MASSES

7:15 AM, 12:10 PM and 5:10 PM
Latin Mass: Fridays at 6:30 PM

CONFESSIONS

Mon - Sat. 11 to 11:45 AM & 4 to 4:45 PM
Spanish Confessions: Sundays from 6 to 6:25 PM

(604) 682 6774

office@vancouvercathedral.org

holyrosarycathedral.org

CATHEDRAL OFFICE INFORMATION

office@vancouvercathedral.org

646 Richards Street, Vancouver BC, V6B 3A3

Phone: (604) 682 6774 | **Fax:** (604) 331 8406 | **Website:** www.holyrosarycathedral.org

Office Manager: Krystyna Kasprzak | **Cathedral Secretaries:** Maria Watson & Marina Ubalde

Groundskeepers: Peter Dziuk & Rolando Dauz | **Security:** Jojo Dauz

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



CATHEDRAL 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: Father Stanley Galvon .

HRC YOUNG ADULTS

Contact: hrcyoungadults@gmail.com; http://facebook.com/hrcyoungadults

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 or a reader please contact the Master of Ceremonies, Fr. Santa Maria: psantamaria@rcav.org

HANDMAIDS OF THE LORD

This is an all-women ministry of the Couples for Christ Info. Grace Inonog: grace.inonog@yahoo.com

HISPANIC COMMUNITY

The weekly Spanish Mass now caters to the Spanish -speaking community in our parish: comunidadhispahanhrc@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.

Picture of Watercolour of the Cathedral. HRC 2018 ©

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

