



# HOLY SPIRIT PARISH

244 Lawrence Street, New Westminster, BC. V3M 5L1

<https://holyspiritnewwest.ca>

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PHONE: 604-521-0334

PAROCHIAL ADMINISTRATOR - REV. TOMSON EGIRIOUS



## Fourth Sunday of Ordinary Time, Year B, 28th January 2024

**'O that today you would listen to his voice! Harden not your hearts.'**

The readings this week reflect the Psalm response: O that today you would listen to his voice! Harden not your heart. This was the response of the Israelites when they grumbled at Meribah and Massah in the desert.

In the **First Reading**, Moses promises the tribes of Israel that the Lord will send them a prophet like himself, coming from within their midst, who will speak God's words. We meet this prophet in the **Gospel**. It is Jesus himself, who amazes his audience in the synagogue by curing a man possessed by an unclean spirit. They are particularly impressed by Christ's quiet authority.

In the **Second Reading**, Paul seeks to reassure his audience in Corinth. They are worrying about marriage in the wider context of the end of time, which they think is imminent. They, too, must give their undivided attention to the Lord and ensure everything is as it should be.

This week, we might like to **spend some quiet time with the Lord**, perhaps resting in him without words and **listening to his voice in the silence of our heart**. He knows and understands our problems, and our great yearning for peace throughout the world.

[stbeunosoutreach.wordpress.com](http://stbeunosoutreach.wordpress.com)

### MASS TIMES

#### Weekend Mass

Saturday 9 am & 5 pm

Sunday 9 am & 11 am

#### Weekday Mass

Monday, Wednesday

& Thursday - 9 am

Tuesday & Friday - 7 pm

#### Sacrament Of Confession

Saturday 9.30 am - 10am

4 pm - 4.30 pm

or by appointment

### PARISH OFFICE HOURS

#### Tuesday To Friday

10:00am - 4.30pm

Lunch Break 12pm - 1pm

#### Saturday

10.00am - 12:00 noon

**Office is closed on  
Monday**



In his intention for January 2024, Pope Francis prays:  
"In January, we pray that the Holy Spirit may help us to recognise the gift of different charisms within the Christian community, and to discover the richness of the different rites within the Catholic Church."

## Parish Ministries, Organization & Services

### Altar Servers Ministry

### Be The Light Ministry

Coordinator: Noli Pangilinan

### Catechetical Ministry

PREP Winnie Bernardo

### Catholic Women's League

President : Cecile Cartago

### Knights Of Columbus

Robert Yang

### Legion Of Mary

Fidel Carolino

### Ministry Of Hospitality

Coordinator: Jose Cruz

### Ministry Of Lectors

Coordinator: Armando Cordova

### Music Ministry

Dr. Audrey Zylmans

Ana Marie Avendano

Noreen Nicolas

### Project Advance Team

Art & Violet Tonido

Jun & Liezel Javier

### Building Committee

Theo Vanden Hoven

### Fund Raising Committee

Ruth & Jeric Alvarez

## SACRAMENTAL LIFE OF THE PARISH

**BAPTISM:** Call the parish office to register for the Baptism Preparation Course. This is for parents and godparents. It is held every 1st Saturday of the month from 1pm to 3pm. Baptism is every 3rd Sunday of the month at 1pm

**MARRIAGE:** Arrangements are to be made through the pastor at least six months prior to your wedding date. A marriage preparation course is a requirement of the Archdiocese. Secure a spot at all Marriage Prep courses. Go to registration webpage: <http://rcav.org/m-prep/>

**CONVALIDATION:** If your marriage was not celebrated as a Sacrament and you wish your marriage to be recognized by the Church, then call the parish office to make an appointment to see **Fr. Jack**

**ANointing OF THE SICK :** Call the parish office to request a hospital visit or for communion to the sick at home.

**FUNERALS:** Please contact the office before making any arrangements with the Funeral Home.

**MASS INTENTIONS:** Did you know, Catholics can "offer" Mass?

We do so for multiple reasons such as thanksgiving, for another person/s such as a birthday, graduation or wedding anniversary or as is most common, for the repose(peace) of the soul of someone who has died. Mass Offering envelopes are available at the back of the Church

## Parish Events

### 1. Seeking Volunteers for 2024 for The Parish

**All of the choirs** are looking for new members. If you have any interest in singing, they would love to hear from you. Talk to any of the members and they'll be more than happy to help you. If you are interested in any of the other ministries in the parish, talk to Fr. Tomson or the ministry coordinator.

### 2. Knights of Columbus, Pancake/Tapsilog Breakfast

The monthly pancake/tapsilog breakfast will be held on **Sunday, 28th January**, in the Parish Centre after the **9:00am and 11:00am Masses**.

This is a fund raising event, and in order to maintain it as such, the Knights are sad to announce that prices on some items will have to be raised.

### 3. 2024 Sunday Offering Envelopes

A reminder that there are still some Sunday Offering Envelopes that haven't been picked up yet. They are located next to the votive candle stand in the main entrance to the Church. Regrettably there are no calendars left.

Please discard any envelopes that you have from previous years as your number is different this year.

### 4. First Friday Adoration of The Blessed Sacrament and Benediction.

Adoration of The Blessed Sacrament and Benediction will be held in the Church on **Friday, 2nd of February, 2024 at 6:30pm**

## Archdiocesan Events

**Together For Good Marriage Workshop**  
(\$60 per couple - Early Bird rate \$50 till Feb 5)

[Register](#)

### About this Event

One day could change your marriage! Thousands of couples across Canada have dedicated one day to building a marriage that stays together for good.

In partnership with FamilyLife Canada ([familylifecanada.com](http://familylifecanada.com)), we are offering the Together for Good Marriage Workshop that will give you tools, exercises and guided conversations to help you and your partner grow a healthier, more joy-filled and resilient marriage.

**Registration is required. The fees include a workbook and lunch.** Limited spots. Book early to secure a spot. **Deadline to register is February 19th.**

### Location - Date and Time

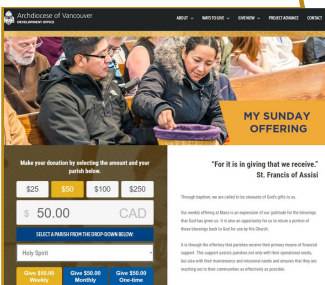
Corpus Christi Parish, 6350 Nanaimo Street Vancouver, BC  
**Saturday, Mar 02, 2024 9:30 AM - 4:00 PM**



Your gift to Project Advance will grow your parish and expand the reach of Christ's love to those who need it most.

#ProjectAdvance

Give online  [projectadvance.ca](http://projectadvance.ca)



**You can make an online offering using your credit card or set up automatic weekly or monthly donations**

**Please visit our website:**  
[holyspiritnewwest.ca](http://holyspiritnewwest.ca)





## God's Plan Is Joy



- January 23, 2024 Colleen Arnold, MD Minute Meditations

**Joy** sees the world as **God intended**; it is a reaction to all God is doing in our lives now and in the future. **It is a choice we make based on the knowledge that God loves us** and is with us through all our life experiences.

One simple way **to increase joy is to smile more**. You may feel awkward at first, but it works. Start by imagining yourself smiling happily, like a child playing on a swing set or jumping in the ocean waves.

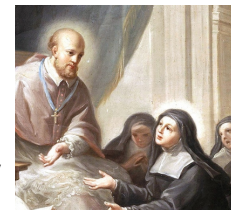
Then **practice it in the mirror**—a great big toothy grin. A genuine smile involves the eyes and the mouth. It releases stress-lowering neurotransmitters like serotonin and dopamine into the bloodstream. This means that **smiling begets more smiling**. It reminds us that **there is still joy in life**.

—from St. Anthony Messenger's "How to Grow in Holiness"  
by Colleen Arnold, MD

<https://www.franciscanmedia.org>



## Saints for January



### Saint Francis de Sales - January 24

Francis was destined by his father to be a lawyer so that the young man could eventually take his elder's place as a senator from the province of Savoy in France. For this reason Francis was sent to Padua to study law. After receiving his doctorate, he returned home and, in due time, told his parents he wished to enter the priesthood.

His father strongly opposed Francis in this, and only after much patient persuasiveness on the part of the gentle Francis did his father finally consent. Francis was ordained and elected provost of the Diocese of Geneva, then a center for the Calvinists. Francis set out to convert them, especially in the district of Chablais. By preaching and distributing the little pamphlets he wrote to explain true Catholic doctrine, he had remarkable success.

At 35, he became bishop of Geneva. While administering his diocese he continued to preach, hear confessions, and catechize the children. His gentle character was a great asset in winning souls. He practiced his own axiom, "A spoonful of honey attracts more flies than a barrelful of vinegar."

Besides his two well-known books, the Introduction to the Devout Life and A Treatise on the Love of God, he wrote many pamphlets and carried on a vast correspondence. For his writings, he has been named patron of the Catholic Press. His writings, filled with his characteristic gentle spirit, are addressed to lay people. He wants to make them understand that they too are called to be saints. As he wrote in The Introduction to the Devout Life: "It is an error, or rather a heresy, to say devotion is incompatible with the life of a soldier, a tradesman, a prince, or a married woman.... It has happened that many have lost perfection in the desert who had preserved it in the world."

In spite of his busy and comparatively short life, he had time to collaborate with another saint, Jane Frances de Chantal, in the work of establishing the Sisters of the Visitation. These women were to practice the virtues exemplified in Mary's visit to Elizabeth: humility, piety, and mutual charity. They at first engaged to a limited degree in works of mercy for the poor and the sick. Today, while some communities conduct schools, others live a strictly contemplative life.

### Reflection

Francis de Sales took seriously **the words of Christ, "Learn of me for I am meek and humble of heart."** As he said himself, it took him 20 years to conquer his quick temper, but no one ever suspected he had such a problem, so overflowing with good nature and kindness was his usual manner of acting. His perennial meekness and sunny disposition won for him the title of "Gentleman Saint."

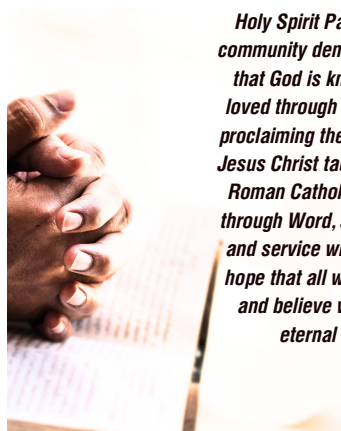
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### Mission

*Holy Spirit Parish is a community demonstrating that God is known and loved through living and proclaiming the Gospel of Jesus Christ taught by the Roman Catholic Church through Word, sacrament and service with certain hope that all who repent and believe will have eternal life*

### Vision

1. We see a parish that is diverse, Spirit-filled and vibrant, joyously worshipping together.
2. We see a parish generously caring for each other with our time, treasure and talents.
3. We see a parish with relevant, active and well-led ministries that are mission-oriented.
4. We see a new parish hall built in the next 3-5 years that serves as a gathering space for parishioners to learn, connect, grow and celebrate our faith.







Place your AD's here for only \$150 for minimum 6 months or \$275 for 12 months  
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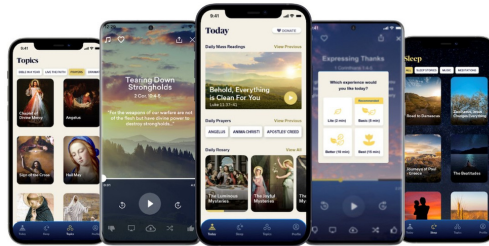
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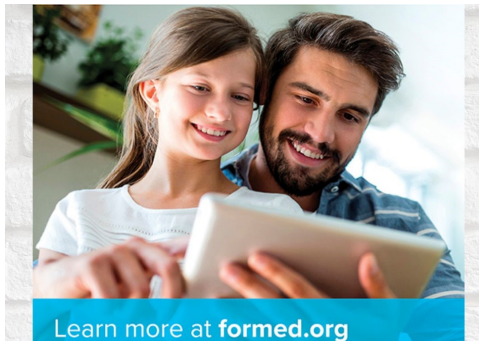
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