

# Saint Anthony of Padua Parish

With the Eucharist at the centre, we are a community desiring to be saints, sent out to love like Jesus and proclaim Him in every circumstance.

DIVINE MERCY SUNDAY

APRIL 28, 2019

## Jesus Takes Away Our Shame

Fr. Pierre and I have been talking for a while about how many people suffer from shame, and we want them to be free! The apostles in the Gospel we just heard had great guilt, but perhaps also shame. It's Easter Sunday evening, and they had just denied Jesus two days ago. They were the leaders, but were now failures. St. Peter promised to be faithful (Lk 22:33), but was a coward. One Scripture scholar points out how the apostles gathered in darkness signifies "the absence of Christ the light and their own hopelessness." (Francis Martin and William M. Wright IV, *The Gospel of John in Catholic Commentary on Sacred Scripture*). Light and darkness are very important in St. John's Gospel. Nicodemus visits Jesus by night because he's afraid (Jn 3:2); Jesus says, "As long as I am in the world, I am the light of the world" (Jn 9:5); and when Judas leaves the Last Supper to betray Jesus, it says, "And it was night" (Jn 13:30).

And so, when Jesus appears to them, He says two times, "Peace be with you" (Jn 20:19,21,26). Theologians all recognize how Jesus doesn't shame them for their failures but immediately loves them and doesn't speak of the past (Daniel Mueggenborg; John Bergsma). Peace is the translation of the Hebrew word *shalom*, meaning "(peace, well-being, everything is right), a blessing of reconciliation that God promised to bestow upon his people" (Martin & Wright, 252). Peace is what Jesus wants to give us today! He wants to take away our shame. There are three parts to this:

1) **The first is encountering Jesus.** What guilt and shame often do is make us hide from Jesus. Guilt is feeling badly about what we've done. It's good when we feel sorrowful about our sins. But it's bad when it's disproportionate, when we think God can't forgive or doesn't love us. Same with shame. Shame is feeling badly about who we are. It's good when it protects us. That's why people wear clothes, so that people don't treat us like objects (Christopher West, *Theology of the Body Explained*). It's good when feel shame that we're not living up to our potential. But it's bad when we feel worthless or unlovable, call ourselves names, want to hurt ourselves, loathe ourselves and lose hope, when we feel badly for something we weren't responsible for, like being sexually abused. All these things lead us to hide ourselves from God!

That's when Jesus passes through our doors and says, "Peace be with you!" Remember, Jesus goes where it hurts because He wants to heal. One thing he wants to tell us, if we're survivors of sexual abuse, is that it's not our fault. Blaming ourselves for sexual abuse is one of the great lies of the devil. Another thing He tells us is that there's no sin that He can't forgive. All sexual sins, sins of abortion can be healed.

2) **The second gift Jesus gives us is the courage to talk about it.** A month before I was ordained a priest, I made a general confession, meaning confessing all of my sins, even ones previously confessed. It was supposed to be an act of humility, trust, and purification. But I got to a part when I was really embarrassed: I started to confess it, then stuttered. So, Msgr. O'Brien, said with a smile, "Well, Justin, I can see this is hard for you. I was taught by a



**Join us for Divine Mercy Sunday  
Holy Hour with Benediction  
April 28, 2:30 PM**

wise Christian brother that you should 'Name it and shame it.'" That is one of the best pieces of advice ever!

When we've done something shameful or something shameful has happened to us, we keep it a secret because we're afraid that people won't love us anymore. So the shame has power over us. But once we bring it out into the open, we have power over it! Name it and shame it! That's the power of the Resurrection that we talked about last week. Now's the time for Easter power and some Easter healing!

How? We tell it to people spiritually mature and trustworthy. The first people we should trust is our parents. This requires that we, parents, need to be more mature than ever: We need to be loving and have self-control. If we hear that our children did

...continued inside

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**Parish Registration**

Our parish family warmly welcomes new parishioners. Please register by filling out a registration form located in the vestibule or the Parish Office. If you are registered and moving, please advise the parish office.

**Sunday Masses**

Saturday 5:00 pm  
 Sunday 8:00 am, 10:00 am, 12:00 pm

Weekdays	Masses	Confessions
Monday	8:15 am	8:00 to 8:10 am
Tuesday	7:30 pm	
Wednesday & Thursday	8:15 am	8:00 to 8:10 am
Friday	8:00 am	7:45 to 7:55 am
Saturday	9:00 am	9:45 am

**Confession**

Saturday afternoon 3:45 pm to 4:45 pm  
 1<sup>st</sup> Saturday each month 9:45 am to 1:00 pm;  
 1:30 pm to 4:30 pm;  
 7:00 pm to 9:45 pm

**Eucharistic Adoration** enter at 1365 West 73<sup>rd</sup> Avenue  
 Tuesday to Friday: 9:00 am to 10:00 pm  
**First Saturday of each month:** 9:30 am to 9:30 pm in the church during all-day confessions.  
**First Friday of each month:** 8:45 am to 10:00 am in the church followed by **Benediction**.

**RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)** Please call the parish office for more information on RCIA classes and other Sacraments.

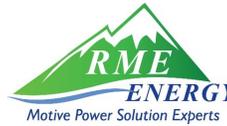
**Weekday Masses & Intentions**

Day	Feast or Memorial	Missal Page	Intention
Mon., Apr. 29	Memorial St. Catherine of Siena	281	Aurora Vélez †
Tues., Apr. 30	Memorial St. Marie de l'Incarnation	284	Amanada Jayamanna †
Wed., May 1	Ferial	287	Gaspare Leone †
Thurs., May 2	Memorial St. Athanasius	290	Aurora Reyes †
Fri., May 3	Feast St. Philip & St. James	1493	Mary Messere
Sat., May 4	Ferial	296	Adrian Fernandez

**Prayers for the Sick** At Holy Mass we remember the sick including:  
 Nita Carvajal, Nung Chum, Isobel Clancy, Nick De Vos, Tamara Dixon, Elaine dos Remedios, Kathleen Francis, Teresa Gaio, Feli Hempl, Cecile Hernandez, Yvonne Kharoubeh, Molly Loui-Ying, Susan Panlican, Huguette Piché, Barney Rousseau, Therese Rozario, Christina Sayo, Liliana Taylor, Fernando Tiago, Cynthia Wing, Theresa Yoshioka.



The students and staff of St. Anthony of Padua School would like to thank the following sponsors for supporting our annual Walkathon on Friday, April 26!




**Upcoming Homily Themes**



**May 4 & 5**  
*The Best Way to Apologize to Jesus & Our Parents*

**May 11 & 12**  
*Should We Ever Give Up on People?  
 In Some Ways, Yes.*

**May 18 & 19**  
*How to Strengthen People's Souls*

# ANNOUNCEMENTS

...continued from cover

something bad or were involved in something bad, we ourselves experience all sorts of emotions: fear, anger, confusion, or shame. But our primary response must be unconditional love. [...] As parents, the only three times we need to delve more deeply into a problem is when our children aren't repentant—then we need to help them realize the sin and be sorrowful; when we need to help our children heal by asking questions for their sake; and when, as we talked about three weeks ago, we have to judge rightly and tell people their sins so that they can grow. [...]

We [priests] can help you spiritually, but please remember that we're not professional counsellors. We can't take too long because other people are often waiting in line. We can help with your relationship with God, your spiritual life, your moral life, and questions about life, but we're not experts in trauma. In the bulletin, we've put an insert of Catholic counsellors who fully embrace the Church's teaching on the human person. I really encourage all of us to see counsellors, not forever, but only when we need it. Many Catholics are hesitant to go to counsellors because they're embarrassed. Actually, everyone needs counselling because everyone needs to grow as a person. Catholics often go to priests because they trust us more, because there's no shame involved, and because we're cheaper!

3) **The third grace is to renounce, command, and claim.** In our spiritual life, because often the devil has a hold on us, we need to name the sin, the temptation or the shame, and renounce it. In prayer, for instance, we say, "In the name of Jesus, I renounce the shame of abuse." That's why Jesus always tried to know the name of a demon in the Gospels, so that He could cast it out. Fr. Pierre's very familiar with this kind of prayer. He will command demons in Christ's name to leave you, which is very powerful and is healing a lot of people. He will command demons using Christ' priesthood. And once we renounce a temptation, then we claim the freedom of the risen Christ. We need to consciously claim it.

Finally, Dawn Eden wrote the book, *My Peace I Give You*, about healing sexual wounds with the help of the saints. She was raised Jewish, sexually abused when five years old, but found healing through Jesus. She became Catholic when 31, and one dramatic gift was that her temptations to despair and self-harm vanished. One prayer that helped her was the Anima Christi, meaning Soul of Christ, which we'll sing later today. The prayer begins by asking that Christ be in us, then changes that we be in Him. Where? In His wounds. Dawn said this prayer got her out of the prison and solitude of herself and thinking about Jesus' wounds. She says, "The disciples were convinced of the Resurrection only when Christ showed them his wounded hands, feet, and...side. In paintings of the risen Christ, the Sacred Heart is often depicted aflame with fiery rays. We see this most dramatically in the Divine Mercy image.... Over time, as that image of the loving and merciful light... deepened its hold on my consciousness, I began to re-examine the times... when I had doubted God's mercy. That in turn led to a conversation with God that I had been putting off for a long time—asking how I could embody his mercy toward those I found hardest to forgive" (*My Peace I Give You: Healing Sexual Wounds with the Help of the Saints*). Dawn says that one life-altering piece of advice she received was that "God calls us only to try." Jesus comes to meet us! And now we're invited to try and let Him take away our shame.

- excerpt from Fr. Justin's homily, April 28, 2019

## ALL DAY CONFESSIONS & ADORATION: SATURDAY, MAY 4

### CONFESSION TIMES

9:45 AM — 1:00 PM

1:30 PM — 4:30 PM

7:00 PM — 9:45 PM

PRAISE & WORSHIP AT 7:00 PM

### New Evangelization Summit (NES)

May 4, 8: 15 am to 4:30 pm at St.

Anthony of Padua in the Lower Hall.

This Ottawa based conference will have 43 live streams across North America, and our parish is one of the host sites! This conference features speakers who provide inspiration, encouragement, training and resources on how we Catholics can effectively evangelize. The event is FREE but you must register. Visit [stanthonnyvan.com](http://stanthonnyvan.com) for a link to the registration form.



### Afternoon Tea on Mother's Day, Sunday, May 12 for all the women of the parish.

The Handmaids of the Lord are organizing this fun event. Come wearing your hats and fascinators! Cost is \$15 and \$10 for young ladies 7-15 years old. A limited number of tickets are for sale after all weekend Masses.

### Are you interested in some light gardening volunteer work?

We are repairing our gardens and this will take some time. The heavy work is being done by the gardener. However, we are interested in having parishioners adopt a small section of the garden to ensure that it is growing well and kept tidy. Two sections are already adopted. We are also interested in having some plants – are you removing some from your garden or dividing plants? Share with us. Please call the office and leave your name and phone number.



### Learning to Pray: Emphasis on the Mysteries of the Rosary, Saturday, May 11, 10:00 am to 12:00 pm.

This mini-retreat will introduce a few key prayer methods such as lectio divina and Gospel contemplation to help us enter more deeply into the mysteries of the rosary and aid us in our prayer time in the chapel. Engage the scriptures, imagination, music, poetry, art, and the spirituality of St. Ignatius of Loyola.

Retreat Director Catherine M. Kelly, M.Div. is the Director of the Ignatian Spiritual Formation Program at St. Mark's College and Director of Retreats, Christian Life Community, and Spiritual Formation at St. Mark's Parish. She is an experienced spiritual director and international presenter. To register please email [mb391906@gmail.com](mailto:mb391906@gmail.com).



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