

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.

SIXTEENTH SUNDAY IN ORDINARY TIME

JULY 21, 2019

Why Do We Pray?



Christ in the House of Mary and Martha by Giovanni Bernardino Azzolino

You have five seconds to answer the following question, one that our people sometimes ask us, and will help our Sabbath Summer rest. If we don't have a good answer, people won't be convinced, and it'll expose a weakness in us. The question is: **Why do you pray?**

If we don't know why we pray, then, whenever we're busy (which is all the time), don't feel like praying or when it's hard (which is most of the time), we won't pray—that's our weakness, and that's a temptation this summer: Isn't it true that most of us neglect giving God time every day? We need prayer this summer and always for our souls. So, if we know clearly and from the heart why we pray—which shows it's a deep part of us—then the next time we don't feel like praying, we will!

The Gospel reminds us beautifully why we pray. Jesus visited the town of Bethany where Martha welcomed him while her sister, Mary, “sat at the Lord's feet and listened to what he was saying” (Lk 10:39). Sitting at His feet is the posture of discipleship, and listening is what followers of Jesus do (Lk 8:35; Acts 22:3, *Ignatius Catholic Study Bible*).

The Gospel then says, “But Martha was distracted by her many tasks; so she came to Jesus and asked, ‘Lord, do you not care that my sister has left me to do all the work by myself? Tell her to help me’” (Lk 10:40). What's Martha's problem? She's distracted. But it's deeper than that. She's actually forgotten about Jesus (Anthony Esolen in *Praying with St. Luke's Gospel*, ed. Fr. Peter John Cameron, OP, 129). She's so busy serving His needs that she's forgotten about the person.

Is that possible? Sure. Remember I told you about that man who came to me feeling guilty that he wasn't spending enough time with his family? He was working long hours for the sake of his family, but couldn't take himself away from work because subconsciously he was doing it more for himself. His wife and kids just wanted to spend more time with him, but he lost focus on them. So Jesus says, “Martha, Martha, you are worried and distracted by many things; there is need of only one thing” (Lk 10:41-42). That one thing is listening, discipleship, and prayer—all directly focusing on Jesus.

Then He adds, “Mary has chosen the better part, which will not be taken away from her” (Lk 10:42). Mary's part is better because it lasts. St. Augustine says that Martha does the right thing by taking care of Jesus' body, and we should do this too (*Ancient Christian Commentary on Scripture, Luke*, 182)! Hospitality, work, and service are all important. But prayer's better! That's because, in heaven, no one works. People just pray and love. Work is transitory, prayer lasts.

So, the answer to the question, “Why do we pray?” is that prayer is our food, relationship, and our exercise.

1) Prayer is our food. St. Augustine asks an interesting question about today's Gospel. Martha was throwing a party, right? So, what was Mary eating while listening to Jesus? St. Augustine answers that Mary was eating truth. He even says that she was eating Jesus, because Jesus said He's “the way, the truth, and the life” (Jn 14:6), and is the bread of life (Cf. Jn 6:35,48).

If we don't physically eat, we die. If we don't pray, we'll spiritually die, because we won't have the strength to resist what can kill our soul, what we call mortal sins: gravely wrong actions that we know are wrong, and still do anyway.

Now here's some quick catechesis, meaning, some quick teaching on what we believe, because this is nourishing for our conscience and we haven't done this in a while: What gravely wrong actions have we talked about? Missing Mass on Sundays (this is grave because someone loved us so much that He died for us and offered us eternal life. The least we can do is thank Him once a week); getting drunk (because we're tossing away one of our greatest gifts, our ability to choose and love); watching pornography (because we're objectifying people, using them); sex outside of marriage (because sex is the sign that we're married, and to offer the sign without marriage is a lie); physical or sexual abuse; or abortion (because the unborn is a person, it's murder).[...] Don't forget that every sin can be forgiven, because Jesus came to save us. The point is: We need spiritual nourishment to live. But, even better, if we have a good spiritual diet, then we love like Jesus, living a life of gratitude, self-control,

...continued inside

Pastor: Fr. Justin Huang Blog: thejustmeasure.ca
Deacon: Andrew Kung deaconandrewrcav@gmail.com
Priest in Residence: Fr. Pierre Leblond plb.op272@gmail.com

Address: 8891 Montcalm St., Vancouver BC V6P 4R4
 Mailing Address: 1345 West 73rd Ave., Van., BC V6P 3E9
 Tel 604.266.6131
 Hours Tuesday—Friday
 9:00 am—12:00 noon
 1:00 pm—3:00 pm
 In case of emergencies,
 please call the office anytime.
 Web: stanthonyvan.com
 Email: office@stanthonyvancouver.org

St. Anthony of Padua School

Kindergarten to Grade 7
 1370 West 73rd Avenue,
 Vancouver, BC V6P 3E9
 Principal: Mr. Michael Perry
 Telephone: 604.261.4043
 Website: stanthonyofpaduaschool.ca
 School Email: office@stanthonyofpaduaschool.ca

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
 1st 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 73rd Avenue
 Daily: 6:00 am to Midnight

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
Monday, July 22	<i>Feast</i> St. Mary Magdalene	1597	Ernie & Annie Pancito
Tuesday, July 23	Ferial	628	Ed Guba †
Wednesday, July 24	Ferial	630	Max Eichelberger †
Thursday, July 25	<i>Feast</i> St. James, Apostle	1602	Marcelina Basiga †
Friday, July 26	<i>Feast</i> St. Joachim & St. Anne	1605	Bonifacia Tುದುದ †
Saturday, July 27	Ferial	637	Maria & Caezer Ng

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.

Upcoming Homily Themes

July 27 & 28
*Do You Pray Like Jesus?
 Here's How.*

August 3 & 4
Tips to a Simpler Life

August 10 & 11
The Sin of Laziness

August 17 & 18
Making Life-Changing & Life Giving Decisions

August 31 & September 1
*New Season: Made for Mission
 Recognizing Our Gifts*

September 7 & 8
Can You Have it All? No. Here's Why.

September 14 & 15
How Much Is One Person Worth to Us?

September 21 & 22
What Does "Separation of Church & State" Mean?



ANNOUNCEMENTS

...continued from cover

generosity, honesty, and virtue.

2) We pray because prayer is our relationship. That's what the Gospel's about. [...] God didn't create us primarily to do good things. He created us for a relationship with Him. Can you all repeat this line back to me, please? **Prayer does not help our relationship with God. It is our relationship!** This is a provocative statement that just reminds us that prayer is a relationship. To have a strong relationship with Jesus means to have a strong prayer life.

3) We pray because prayer is spiritual exercise. How do we build our muscles? Work out. How do we improve cardiovascular health? Get the heart rate up. How do we increase our faith, hope, and love? Exercise. Some people here are in great spiritual shape: You trust God no matter what happens, you know God always loves you, and your love is always intense! How did you get to be like that? Every day you do one-hour workouts or more. Your souls are like Deacon Andrew's body: in perfect shape.

In June, I told you about Geoff and Maria Moeller, who tragically lost their two sons in a car accident. Their faith was tested more than most people's ever will be. One thing Geoff told me was that his years in the seminary and monastery strengthened his faith to prepare him for the accident. Through spiritual exercise, he became strong.

Prayer is our food, relationship and exercise. Here's the adoration tip for the week: Never skip time in prayer. St. Ignatius says that when we're supposed to pray for an hour, there will be times when it's hard, so, during these times, it's better to stop praying and give up—no! He says we "ought to remain always a little longer than the full hour, and in this way become accustomed not merely to resist the enemy but even to defeat him" (Spiritual Exercises, Introductory Explanations).

In my first year of seminary, I would go to daily Mass. After I returned to the seminary from Christmas break, P. Peter, my spiritual director, asked, "Did you go to daily Mass?" "Most of the time. Sometimes I was so tired, because I was out with friends the night before, that I didn't make it." He said, "Well, the next time you're on vacation, just get up, go to Mass, and then go home and sleep." His advice put me on the right road for life. After that, I don't think I ever missed daily Mass again except when it was just impossible.

Another time, while in New York, I was talking to Fr. Andrew King about personal prayer and saying how sometimes it's hard when we're busy. Fr. King, who's not at all emotional, just said, "Well, if you have time to eat, you have time to pray." That simple! I love it!

How much prayer should we do a day? You choose. Choose what makes you grow spiritually. Fr. Jacques Philippe says 15 minutes a day is the minimum for mental prayer (Time for God, 83). Choose a prayer you enjoy, like the Rosary, or meditating on the Bible, or certain fixed prayers, or spiritual reading; or a combination of any of these. On FORMED this week (stanthonyvan.formed.org), please go to the "Community" section and find some great resources. [...]

Martha and Mary are both saints, but Mary chose the better part, because prayer lasts. Why do we pray? Because it's our food, our relationship, and our exercise.

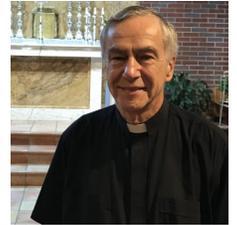
- excerpt on Fr. Justin's homily, July 21, 2019

A warm welcome to our visitors! Thank you for joining us at Sunday Mass! If you have any questions about St. Anthony's or would simply like to meet some of our parishioners or our pastor Fr. Justin, please let us know or stop by the **Welcome Booth** after any Sunday Mass. We would love to meet you!

Prayer Talks by Fr. Pierre!

This summer, Fr. Pierre is offering us an opportunity to learn and practice different forms of prayer over 4 Tuesdays, starting **August 6, from 6:15 PM - 7:30 PM** downstairs in the Church Hall.

This series of talks focus on various forms of prayer such as Lectio Divina and ARRR (acknowledge, relate, receive, respond). Following the talk, there will be Q&As, prayer time and sharing. The talks are open to everyone, and there's no need to register...just show up!



Feast of St. Christopher & Blessing of Cars

On the weekend, of July 27 & 28, right after the feast of St. Christopher (July 25), the patron saint of travellers, we will encourage everyone to take the *Pledge of Safe Driving*. After each Mass Fr. Justin & Deacon Andrew will be doing "drive-by" blessings of cars!



BC Sacred Music Symposium

This year's symposium will be held from August 2-4, 2019 at Sts. Joachim & Ann Parish in Langley. The 2019 Sacred Music Symposium will feature a panel discussion on "Sacred Music & the Parish Liturgy." Registration and information for the 2019 BC Sacred Music Symposium is at: bsacredmusicsymposium.com/registration-information/

Gift presenters needed at Masses

Are you interested in being part of the Gift Presenter Ministry? This an opportunity to directly participate in the celebration of the Eucharist. We have an immediate need for 2 people or a family to serve as spares for the Sunday 10 am Mass. Please call the Parish Office if you are interested, 604.266.6131.





Watch Award-Winning Series

Presence
Divine Mercy
Forgiven

Listen on Your Commute

True Worship
The Mountain of God
Saint Cecilia
Making Sense Out of Suffering

Enjoy Great Movies

Mother Teresa
Pope John Paul II
The Letters of Leonardo

We're giving you FORMED!
We're giving you a free subscription to FORMED so you can have the best Catholic media at your fingertips! With formed.org you can learn and enjoy your faith at home and on the go, from any device.

Create your free FORMED account on the FORMED app or at stanthonyvan.formed.org

FORMED

Please support these advertisers; they support us.



THE CATHOLIC WOMEN'S LEAGUE
ST. ANTHONY OF PADUA PARISH

SERVING WITH FAITH AND JOY
Life is a series of new beginnings; come join us! We invite you to join the League sisters. Drop-in during our meetings, held every first Saturday of the month or email: cwlpresap@gmail.com for more info.

Welcome po ang mga Filipino!



FORTUNE VISION CENTRE 604-336-5000

- We carry wide selection of branded frames and sunglasses
- Direct billing for many private insurance plans.
- Independent Optometrist available for eye exams
- EYE EXAMINATION by appointment.

GUCCI PRADA VALENTINO VERSACE BAKLEY D&G

8269 Granville Street, Vancouver, BC V6P 4Z6

GRANVILLE DENTAL WELLNESS GROUP
604-261-8164
8357 Granville Street, Vancouver, BC

SUPPORT THE ST. ANTHONY'S BUILDING FUND

Family Dentistry - Cosmetic Dentistry - Implant Dentistry - Children's Dentistry - Orthodontics - Wisdom Teeth - Dentures - St. Anthony's Parishioner Promotions

HAVE A NEW PATIENT EXAMINATION AND HYGIENE APPOINTMENT DONE AND HAVE \$50 DONATED TO ST. ANTHONY'S PARISH CENTRE FUND IN YOUR NAME!!

- Open weekday evenings and Saturdays
- Comfortable treatment in a modern facility
- Serving Marpole for over 25 years
- Dr. Gianni Pisanu, Owner & St. Anthony's Parishioner

SHEILA CARROLL, BGS, MA ENGLISH TEACHER



Experienced teacher of the BC high school senior English curriculum for grades 10, 11, and 12. I offer help with finding meaning in poetry, stories, novels and Shakespeare.

Available to tutor in my home near St. Anthony's where I am a parishioner (Marpole/one block east of Granville). Fee: \$50 an hour; may be split between two students in the same grade or two in the same family.

604-261-1584 scarroll3@shaw.ca / sheilamcarroll3@gmail.com

Let me show you how a mortgage with RBC can save you money.



Jennifer Barcelona
Mobile Mortgage Specialist
604-369-8050
jennifer.barcelona@rbc.com

Let's Make Someday Happen

All personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. * / ** Trademark(s) of Royal Bank of Canada. 46000 (02/2019)

Sutton WestCoast Realty
7547 Cambie St. Vancouver, BC V6P 3H6

For St. Anthony's Parishioners,

I will donate 15% of my commission on your transaction to the St. Anthony's Parish Centre Fund.
Let's support the parish through our business together.

www.MichaelDee.ca 604-767-1583 mdee@sutton.com

MICHAEL DEE

This communication is not intended to cause or induce breach of any existing agency agreement.

Licensed & Insured Communications Data/Voice Cabling



Edmond Kung
Certified Electrician
Red Seal # 74603

C: 604.788.6188 | 604.760.3983
E: edmond@netekcanada.com

www.netekcanada.com

Electrical Security Cameras Monitoring Access Control

INVISIONATION PHOTOGRAPHY INC.

Weddings
Head Shots
Family Portraits

Vincent L. Chan
Photographer

invisionation.com
604.253.4568




Raincoast Funeral and Cremation Services Ltd.
Local, Independently Owned and Operated
Compassionate Professional Affordable

Arrangements in your home or at our office:
173-628 E. Kent Avenue South, Vancouver, BC

Call us 24 hours a day
604-326-1454

info@raincoastfs.com www.raincoastfs.com



Michelle J. Vizená
Co-Owner
Licensed Funeral Director
Good Shepherd Parishioner



KNIGHTS OF COLUMBUS
ST. ANTHONY OF PADUA COUNCIL 14925

We are men of faith and men of action.

FOR MORE INFORMATION, PLEASE EMAIL
Hadi Susanto, Grand Knight
cjsanto8i@yahoo.com



Emmery Leung B.A.
Licensed REALTOR
Residential / Commercial
604.728.7170
emmeryleung@hotmail.com




19545 Langley Bypass
Surrey
604.534.7431



5955 Collection Dr
Langley
604.539.0255

www.goldkey.ca
Sales. Service. Parts. Body Shop. Fleet and Lease.

Serving Our Catholic Community Since 1908




Vancouver Chapel
450 West 2nd Ave.
604-736-0268

"We believe locally-based, Family owned funeral homes are an important part of any community. We are honoured to carry forward our 111 year legacy of care. Serving the Lower Mainland from four convenient locations."

Michael (Kearney) Crean
Funeral Director/Owner

www.KearneyFS.com

Crean Holdings D.B.A.

Cedargreen Painting



- Residential & Commercial
- Condos & Townhouses
- Interior & Exterior
- Fences & Garages
- Free Estimates
- 10% Seniors Discount



Call Joseph at **604.263.7502**

GARDENS OF Gethsemani Catholic Cemeteries Archdiocese of Vancouver

Peace starts with an appointment



604-531-2141 / rccav.org
15694 32nd Avenue,
Surrey, BC, V3Z 9V1