

# 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.

EPIPHANY OF THE LORD

JANUARY 5, 2020

## A Great Time to Grow Spiritually



*Our parish's Alpha day away on Saturday, February 29 at UBC is a great example of a retreat we should all take!*

How do you want this year to be better than last year? Everyone wants a better year, but, from my experience, most people will make the same mistakes, because they can't break out of the cycle of their daily lives. Most of our lives have a momentum that we can't stop.

So, I'd like to start with a bold proposal for this new year of 2020: As your spiritual father, I'd like to ask every one of you to get away one time this year for a spiritual retreat. It could focus on prayer, healing, renewal, or growth—it could be alone or with others—but the necessary element is that it's rooted in God, and ideally, it should be overnight to give ourselves a chance to open our hearts to God. [...]

We're taking our cue from the wise men in today's Gospel, who travelled from the East presumably many days to find Jesus, and, at the end of the Gospel, it says, "They left for their own country by another road" (Mt 2:12). Of course, they're doing so to avoid King Herod, who wants to know from them the location of the baby Jesus in order to kill Him, but Archbishop Sheen said about this scriptural phrase that "no one who ever meets Christ with a good will returns the same way as he came" (*Life of Christ*)—that's what God's calling us to this year, a time to meet Christ away from daily life, so that we can return home more joyful. The best time to grow spiritually is when we're away from our daily anxieties and activities!

There are four insights in the Gospel that will help us:

1) Scholars tell us that the wise men were probably Persian priests involved in astronomy, which is why they say, "We observed his star

at its rising, and have come to pay him homage" (Mt 2:2). But simply because astronomers can detect a conjunction of planets doesn't mean they'd actually leave their homes on a journey for a few weeks; many people, for instance, observe the wonder of creation but don't arrive at the knowledge of a creator. But the magi in the Gospel were 'wise,' says St. Matthew. "They were people of inner unrest, people of hope, people on the lookout for the true star of salvation" (Pope Benedict XVI, *Jesus of Nazareth*, Volume 3, 94-95). This is important for us. **Everyone needs rest, but only wise people take it, people who are hungry for what God's put in their hearts.** Everyone needs time to reflect and get away, but only wise people make it happen.

2) The star leads them to the region of Judea and they logically go to the royal city Jerusalem—that choice is based on human reason and is good. But to find the exact location of Jesus, they need to consult the Scriptures, which is where faith comes in, and the Scriptures reveal that "the Messiah was to be born... 'in Bethlehem of Judea'" (Mt 2:4-5).

Human reason tells us it's logical to take a vacation, to rest the body and mind. For example, Bill Gates takes one week a year to think and read (Greg McKeown, *Essentialism*) — brilliant. **But faith takes us further: It takes us to the source of all renewal, Christ Himself. He's speaking to us today, "Come away to a deserted place all by yourselves and rest a while"** (Mk 6:31).

*...continued inside*

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 Tel 604.266.6131  
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 1:00 pm—3:00 pm  
 In case of emergencies,  
 please call the office anytime.  
**Web:** stanthonnyvan.com  
**Email:** office@stanthonnyvancouver.org

### St. Anthony of Padua School

Kindergarten to Grade 7  
 1370 West 73<sup>rd</sup> Avenue,  
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 Principal: Mr. Michael Perry  
 Telephone: 604.261.4043  
 Website: stanthonnyofpaduaschool.ca  
 School Email: office@stanthonnyofpaduaschool.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 (school months)	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  
 Daily: 6:00 am to Midnight

**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

Monday, January 6	Ferial	Gaspare Leone †
Tuesday, January 7	<i>Memorial</i> St. Andre Bessette	Remembrance Tree
Wednesday, January 8	Ferial	Jose Tುದುದ †
Thursday, January 9	Ferial	John Mills
Friday, January 10	Ferial	Myrna Halpenny
Saturday, January 11	Ferial	Jocelyn Tುದುದ

**Prayers for the Sick** At Holy Mass we remember the sick including:  
 Nita Carvajal, Nung Chum, Isobel Clancy, Elaine dos Remedios, Kathleen Francis, Feli Hempl, Yvonne Kharoubek, Molly Loui-Ying, Mary Messere, Susan Panlican, Huguette Piché, Christina Sayo, Teresa Tche, Cynthia Wing.

### In loving memory...

Please pray for the repose of the soul of our long time parishioner, **Bernard (Barney) Rousseau** and for the consolation of his family members. The **funeral Mass** will be held on **Thursday, January 9, 11:00 AM** at our church.



## Upcoming Homily Themes

January 11 & 12  
*Do You Realize You're Special?*

January 18 & 19  
*How to Have Spiritual Friends*

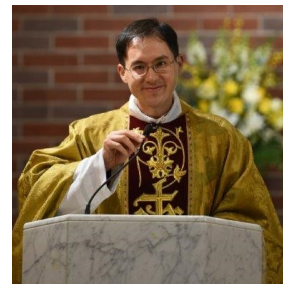
January 25 & 26  
*Are We a Divided Parish?*

NEW SEASON: *Life is a Gift*

February 1 & 2  
*8 Reasons Euthanasia is Wrong*

February 8 & 9  
*Stopping 42 Million Murders*

February 15 & 16  
*Receiving Healing & Mercy*



# ANNOUNCEMENTS

**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!



## **Baptism this weekend!**

Please join us in welcoming the newest member of our parish family. **Justin Oyan** receives the Sacrament of Baptism on Saturday, January 5 at the 5:00 pm Mass.

**Looking for a vibrant, supportive Catholic community of women who love God?** CFC Handmaids of the Lord invites all women in the parish to attend Christian Life Program (CLP) every **Monday at 6:30 pm, February 3 to April 6** in the church hall. For more information, contact Zeny, 604.261.7077.

## **Theology Week Info Session**

On **Tuesday, January 14, from 6:15 pm - 7:15 pm**, Dr Lynda Robitaille from St. Mark's College will lead an info session about a week-long program called *Foundation of the Catholic Faith* from **July 20th to July 24th, 2020** at St. Mark's College located at the UBC campus. This program offers an opportunity to learn a variety of central elements in the Catholic tradition, as well as the practices of theological reflection and discernment. Fr. Nick Meisl, Dr. Nick Olkovich, and Deacon Hilmar Pabel will be the course instructors. For more information, please contact Sara Ho at the Parish Office: saraho.sapv@gmail.com.

...continued from the cover.

3) When the wise men ask, "Where is the child who has been born king of the Jews?" it says, "When King Herod heard this, he was frightened, and all Jerusalem with him" (Mt 2:2,3). Herod's afraid of a future king who will usurp his power, and the city's troubled because he's going to wreak havoc; he had already killed two of his sons and was about to kill another.

His fear is a symbol of our own unreasonable fears: When we think about going on retreat, there will be so many reasons not to go: too busy, it's too expensive, who's going to look after the kids, whom am I going to go with? Let me tell you: **The devil will do everything he can to stop you. He's going to give you so many reasons not to go that you'll feel overwhelmed.** The solution is to get help: Talk to Jesus about your desire, and talk to friends about going together. Realize that going on a retreat is one of the most loving things you can do for your family; it will be good for your whole family!

4) "When they saw that the star had stopped, they were overwhelmed with joy" (Mt 2:10). This points to an absolute rule in life: **God always gives more than He takes.** He asks us for one, two, or three days, which will be hard at first for us, but He'll give us more in return.

You see me go away on retreat twice a year. It feels hard to set the time and prepare for it, but I'm always so happy I go, and I've told you about the graces for myself (the rest, the prayer, the peace, overcoming my busyness, and I'm always given great ideas and plans for the parish family).

This is our sixth homily in our *Alpha as Culture* season, and one of the key components of Alpha is the weekend away or day away. This is where relationships grow and we have leisure to hang-out, talk, and listen. This is where we can meet the Holy



## Thank You

**Knights of Columbus & Catholic Women's League** members for hosting our **FREE Pancake Breakfast** this weekend!



**A FRIENDLY REMINDER:** To help our **Sunday Collection Counters** and to ensure your donations are accurately being accounted for on your tax receipt, please **write down your first and last name, and donation amount clearly** on your weekly donation envelopes. If you have to use the visitor's envelopes please also include your address. Envelopes without the amount written may not be given credit if missed by the counters. Thank you for your cooperation!

**Alpha starts January 9, 2020**  
**Thursdays, 6:30 pm - 8:30 pm**  
**Email: [alpha@stanthonyvan.com](mailto:alpha@stanthonyvan.com)**  
**[www.stanthonyvan.com](http://www.stanthonyvan.com)**

## Who will you invite?

**Dinner.Video.Discussion**



Spirit in a tangible way: We always pray with each other one-on-one and for each other's needs.

When I was at the *Experience Alpha* conference a year ago, on the second day, we had a prayer service and were just singing songs, when, one of the pastors, Stephen Mulder, came up to me and asked, "Fr. Justin, is there anything I can pray for, for you?" I was feeling so low at that moment that I think he could see it, and I really appreciated him praying with me, putting his arm on my shoulder, and asking God's blessing. All of us could use this kind of prayer ministry.

This year's Alpha day away is on Saturday, February 29, at UBC, and I'm announcing this for any of our Alpha graduates who haven't been able to go in the past. Other great examples of spiritual retreats include *Marriage Encounter*, RCAF's *Women's Retreat* in April, and *Men's Retreat* usually in September, and Opus Dei retreats.

Please go with other people. When I shared this with our Dinner & Dance Committee, who are entrusted with fundraising, something that doesn't seem directly spiritual, they all came alive and said, "Let's go as a group!" That's the response of people who hear Jesus' call. But it better not be a cruise—that's not what we're talking about.

According to Canon Law, which is the law of the Church, priests are obliged to do an annual retreat for our good, so I'm going to do the same: I'm ordering you out of love to do this! Get out of the rat race and breathe. The best time to grow spiritually is when we're away from our daily anxieties! This year will most likely be better only if we take time to get away to be with Jesus.

- excerpt from Fr. Justin's homily, January 5, 2020

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