



November 10, 2024

Thirty Second Sunday in Ordinary Time

Pastor 主任司鐸
Fr. Bruce-John Hamilton

Assistant 助理司鐸
Fr. Raffaele Salvino

Chinese Mass 中文彌撒司鐸
Fr. Paul Chu

Office Manager 辦公室經理
Winnie Shiao
Email: winnie@ccparish.ca

Parish Office Hours 堂區辦事處時間
Mon—Fri 9:00am - 12:00pm

Sunday Mass 主日彌撒
Saturday Vigil 週六:
5:00 pm (English 英)
Sunday 週日:
9:00 am (English 英)
11:00 am (English 英)
3:00 pm (Cantonese 廣東話)

Weekday Mass 平日彌撒
Monday to Saturday - 8:00 am
Wednesday - 9:00 am (*School Mass when school is in session*)
Holy Hour every Friday - 6:00 pm
First Friday Evening Mass - 7:00 pm
Holidays - 9:00 am

Confession 修和聖事
Monday to Friday - 7:45 – 7:55 am
Friday - 6:00 – 6:45 pm (during Holy Hour)
Saturday - 8:30 am after Mass
Saturday - 3:45 – 4:45 pm
Sunday - 2:30 – 2:55 pm (Cantonese)

Liturgy of the Hours/Devotions
Lauds - 7:30 am on weekdays

Holy Rosary - Monday to Saturday
After morning Mass

Emmaus Adoration Chapel
The Chapel is now open 24/7 and accessible by a code. Please contact the Parish Office for the code.

Corpus Christi Elementary School
2360 Waverley Avenue
Vancouver, BC V5S 0J1
Phone: 604-321-1117
Email: office@cchristi.ca
Website: www.cchristi.ca
Principal: Ms. Rosa Natola

Corpus Christi Childcare Centre
2362 Waverley Avenue
Vancouver, BC V5S 0J1
Phone: 604-416-4117
Manager: Mrs. Ivana Ciccone
Email: iciccone@cchristi.ca



4 Core Values of Corpus Christi Parish

Engaged Disciples: Corpus Christi parishioners strive to be fully committed to holiness, mission, community and service. (cf. *Mission of the Redeemer 90, JP11*)



Rooted in Tradition: Corpus Christi parishioners are firmly rooted in the living Tradition of the Church, faithful to the fullness of the teachings of Christ in every aspect of parish life. (cf. *2 Thessalonians 2:15*)



Multiplying Leaders: Corpus Christi parishioners follow Jesus' example of ministry by identifying, recruiting and investing in others to become leaders, and equipping them to do the same. (cf. *2 Timothy 2:2*)



Evangelical Hospitality: Corpus Christi parishioners aim to be generous and evangelical in service and hospitality, providing everyone with opportunities to belong to the parish family. (cf. *Acts 2:44-47*)

PARISH MINISTRIES/GROUPS

Adoration Chapel
Alpha
Altar Servers

Araceli Hinz
Michelle Wong
Fr. Hamilton, Fr. Salvino,
Margie Lacson
Mary Vendencia, Mellysa Lim
(9am/11am), Tina Chan (3pm)

After Mass Socials

Baptism Preparation
Bible Study

Adelia Yiu
Joyce Fung (Tues Morning)
Joseph Chiu (Chinese)

Catholic Women's League
Chinese Community
Choir

Camille Macapanpan
Frank Chan
Kevin Garcia (5pm)
Dominica Chan (9am)
Scholastica Au (11am)
Vincent Lau (3pm)

Church Care
Altar Linens
Church Flowers
Emergency Management
Extraordinary Ministers of
Holy Communion
Hospitality Ministry

Joyce Fung
Agnes Lo
Monica Lau
Serafina Chau

Knights of Columbus
Legion of Mary
Marriage Mentorship
Men's Group
PREP
RCIA

Bill Lam
Annie Dee, Mary Vendencia,
Mellysa Lim (Greeters)

Faith Studies
Readers

David Robinson
Margie Goebel
David & Connie Robinson
Seamus O'Brien
Veronica Yam
Neila Tong
Joseph Chiu (Chinese)
Thomas Robinson
Irene Goh (Weekend Mass)
Joyce Fung (Weekday Mass)

Safe Environment
Seniors' Ministry

Karen Tully
Theresa Stewart,
Remedios Yeung
Fr. Hamilton, Fr. Salvino, Schola Au,
Prisca Cheung, Annie Dee, Margie
Lacson, Peter Lee, Winnie Shiao,
Deborah Welsh

Senior Leadership Team

Ushers
Youth Ministry

Rick Lam
Miguel Lacson, Isabelle Liu

BAPTISM

The Baptism Preparation Classes for parents are held via Zoom every 1st (Part 1) and 3rd (Part 2) Saturdays of the month, 10:30 am to 12 noon, except during the months of July and August. Parents must attend both sessions. Call the Parish Office to pre-register for the class. **Baptism celebrations are held on the 2nd and 4th Saturdays of each month @ 11:00 am.**

HOLY MATRIMONY

We welcome your wedding celebration at Corpus Christi Church. To arrange the date and begin your preparations, please contact the Parish Office or either one of our priests at least 9 months prior to the proposed wedding date.

ANOINTING OF THE SICK

If your loved one, relative or friend would like to arrange for a priest for the administration of the Sacrament of the Anointing of the Sick or to visit the sick in a hospital, please phone the Parish Office. Or you may contact the hospital chaplain:

VGH:
604-875-4111
Fr. Gilbert Nunez & Fr. Luis Martin Brian Delgado (Mon., Tue., Fri., Sat. and Sun.)
Fr. Aresene Dutunge (Wed. and Thurs.)

MOUNT ST. JOSEPH HOSPITAL:
Fr. Joseph Ha Vinh Tran, OP (Chaplain)
604-876-7826

BURNABY HOSPITAL:
St. Theresa's Parish
604-434-4211 (Chaplain)
604-298-6800 (Parish)

ST. PAUL'S HOSPITAL:
Fr. Victor Fernandes, OCD
604-682-2344/604-445-9323
(cell)/604-252-4224 (pager)

November 10, 2024

Thirty Second Sunday in Ordinary Time



Saturday, Nov 09

Vigil Mass

5:00 PM Jason Sit, RIP

Sunday, Nov 10

St. Leo the Great

9:00 AM All Parishioners, Living and Deceased

11:00 AM Cherri Lau, RIP

3:00 PM Joseph & Maria Mak, RIP

Monday, Nov 11

St. Martin of Tours

9:00 AM Jay Nicolas, RIP

Tuesday, Nov 12

St. Josaphat

8:00 AM No Mass (Clergy Study Week)

Wednesday, Nov 13

8:00 AM No Mass (Clergy Study Week)

9:00 AM No School Mass

Thursday, Nov 14

8:00 AM No Mass (Clergy Study Week)

Friday, Nov 15

8:00 AM No Mass (Clergy Study Week)

6:00 PM Holy Hour

Saturday, Nov 16

8:00 AM Dr. H. Jeffrey Levin, RIP

Go to Adoration to really celebrate "Thanksgiving".



Visit a cemetery to pray for the dead.



A CATHOLIC'S NOVEMBER TO-DO LIST



Begin St. Andrew's Novena.



Memorize St. Gertrude's Prayer for the Holy Souls in Purgatory.



Make some spiritual resolutions to celebrate the Church's new Liturgical Year.



Prepare for Advent.



PARISH ANNOUNCEMENTS

REMEMBRANCE DAY

Mass on Mon, Nov 11 will be at 9am in observance of the Remembrance Day statutory holiday. The Parish office will be closed on this day.

CLERGY STUDY WEEK (Nov 12-15)

Please note that during the Clergy Study Week, there will be no morning Masses here at Corpus Christi from Tuesday, Nov 12th to Friday, November 15th.

Our two priests will be attending the Study Week. There will also be no opportunity for Confession on these days. We will have the usual Holy Hour at 6:00 pm on Friday, November 15.

SECOND COLLECTION

There will be a second collection next week to support the 12 Catholic missions in First Nations communities throughout the Archdiocese, and the Apostleship of the Sea serving seafarers who work on ships that visit Vancouver harbour.

KNIGHTS OF COLUMBUS

Wonton Soup will be available on Nov 24th at the After Mass Social for \$7.00. Come enjoy some soup!

Men: Join the Knights on Nov 23 & 24th for our membership drive. We'll be at the vestibule after all Masses to answer questions.

RELIGIOUS ARTICLES BOOTH

The Religious Booth will be opened on Sunday, Nov 10 & Nov 24 from 8:45am to 11:15am (closed during Mass).

ALL SOULS ENVELOPES

All Souls envelopes are available and will be at the back of the church where you can write the names of your deceased loved ones and friends.

Please drop the envelopes in the Sunday collection.

The stipend (or offering) for 1 Mass is \$10



Let us always remember all those who served our country to give us the freedom we continue to have and enjoy.

We thank them for their service!

Last Weekend's Collection

Sunday Offertory Collection	\$7,449.10
Building Fund	\$4,008.10
Evangelization of Nations	\$280.00
Total	\$11,737.20

Thank you for
your generosity!



Remembering the Sick In Prayers

Sr. Florchita Bautista	Juan Garzon Gerda Heilemann	Grace Macapinlac Maria C. Martinez
Naty Bonus Anthony Centeno	Paul David Matilde Fernandez	Cecelia Mulcahy Toma Nitta
Helen Cervo Mavis Chow	Norena Gonzales Peter Hinz	Maria Pinto Sebastian Pinto
Francis Claire Joseph Chiu	Sanae Hogan Peter In	Margaret Tai Fred Vendencia
Christianne Depre Heloisa Schuch Durao	Yuk King Lai Yen Ting Lin	Digno Vibat David M. Williams
Honesto Estabillo	Yvonne Lombardo	Julia Williams

Prayers for the sick can be requested. To add the name of your loved one, please drop by or call the Parish Office.

The names listed in the bulletin will remain here unless the office is notified.

What is the difference between
*the Sacraments and
the Sacramentals?*

Sacramentals

are the means to actual graces.

Numerous and varied, according to the directions of Mother Church

Do not produce grace directly and of themselves – they produce grace indirectly by disposing and preparing the soul for this divine gift

Prayers used in the sacramentals merely ask God to produce certain effects and to grant certain graces.



Sacraments

Instituted by Christ Himself

Limited to the seven instituted by Christ, namely, Baptism, Confirmation, Confession, Holy Eucharist, Anointing of the Sick, Holy Orders and Matrimony
Produce grace directly in the soul, if there is no obstacle on the part of the recipient.



The words used in the sacraments declare that God is producing **certain effects in the soul.**





pastor's Corner



32nd Sunday In Ordinary Time

As we approach the end of the Liturgical Year, the Church Year, we have just witnessed a nasty election cycle in the US. Before anyone shakes their heads, we should all realize it is nasty here in Canada as well and I'm sure it will get even more nasty as our election comes up in the next year.

In the US there was nasty, viscous name calling on both sides. However the election was to turn out, the "other side" was going to be angry and depressed.

As I get older, I am reminded that as children of God and Catholics we need to ground ourselves in the only and eternal ruler of the universe, our world and our personal lives and that is Jesus Christ. I know it's not the Solemnity of Christ the King yet, but we don't have to wait till the Solemnity to remind ourselves, for you to remind yourself, that Jesus Christ is Lord; Jesus Christ is the only King and the King of kings and Ruler of all those who hold authority.

As citizens we seem to be forgetting, or have forgotten that God has no anxiety, no stress, no hatred towards his children. I know, I know, we live in a very fallen world and we do have to fight against evil, abortion, murdering of the vulnerable, the so-called MAID, but we have to do this as children of God and as children of the God who has no anxiety and no hatred towards anyone, even those who sin against the Lord and walk towards eternal damnation because of the sins they commit.

So, no matter where you sit, or stand on the political spectrum let your true Lord be Jesus Christ, the King of kings and Lord of lords. When this is a reality in our lives we will always have serenity, even if things do fall apart...AND at some point they will.

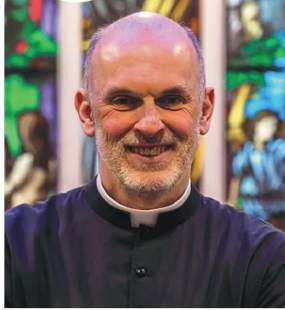

Do you, does anyone, honestly think that any politician can save the world? Really! We would all do well to remember this.

Put all your hope in Jesus Christ as you work out your salvation in fear a trembling.

Fr. Hamilton

The Archdiocese of Vancouver invites you to participate in a feedback survey to support your pastor's growth as a spiritual leader

Pastor Feedback SURVEY





BEGIN SURVEY

Your response will be anonymous and only shared with your pastor as part of an aggregate

The survey will ask you about:

- HIS STRENGTHS**
- AREAS FOR IMPROVEMENT**
- HOMILIES**
- AND OVERALL LEADERSHIP OF THE PARISH**



Learn more at rcav.org/pastorsurvey



pastor's Corner

常年期第三十二主日 本堂神父的話



隨著禮儀年的結束臨近，我們也見證了美國最近的激烈選舉週期。在我們搖頭嘆息之前，我們應該意識到，加拿大的政治氣氛也不平靜，隨著來年我們的選舉臨近，情況可能會變得更為激烈。

在美國，雙方的互相攻擊與惡言相向讓人心寒。無論選舉結果如何，「另一方」都會感到憤怒和沮喪。

隨著年歲漸長，我愈加深刻地體會到，作為天主的子女和天主教徒，我們必須將自己深深紮根於唯一且永恆的統治者，祂是宇宙的主宰，我們世界的主宰，也是我們個人生命的主宰，祂就是耶穌基督。不用等到基督普世君王節，才提醒我們自己，也為你們提醒你們自己，耶穌基督是主，祂是唯一的君王，是萬王之王，並是所有掌權者的統治者。

作為公民，我們似乎已經遺忘了，或許已經忘記，天主並無焦慮、壓力，也沒有對祂的子女存有憎恨。我明白，我知道，在這個深受罪惡影響的世界中，我們確實要抵抗邪惡、反對墮胎、保護弱勢，抵制所謂的「醫助自殺」(MAID)。然而，我們應該以天主的兒女的身份去抗爭，因為我們的天主對任何人沒有焦

慮和仇恨，甚至對那些冒犯祂、因所犯的罪走向永遠滅亡的人也是如此。

因此，無論您在政治光譜上的位置如何，請讓真正的主宰是耶穌基督，祂是萬王之王，萬主之主。當這成為我們生活中的現實時，即使情況崩潰...在某些情況確實會崩潰的，我們都要始終保持平靜。真的有人誠懇地相信任何政治家能拯救世界嗎？確信嗎！我們都應該牢記這一點。

當您在戰戰兢兢中努力掙取自己的救恩時，把所有希望寄託在耶穌基督身上。

Hamilton 神父

4 WAYS TO HONOR A DECEASED LOVED ONE

- PRAY FOR THEIR SOUL**
Say a prayer for them. You can offer a Mass for the repose of their soul or a plenary indulgence in their name.
- BRING FLOWERS TO THEIR GRAVE**
It could be on the anniversary of their death or their birthday.
- DO SOMETHING IN THEIR NAME**
Finish a project they started or make a donation in their name.
- ALWAYS REMEMBER THE GOOD TIMES**
Carry a photo of them or something that reminds you of that person and the time you spent together.

CatholicLink

Virtues, superhabits, and what's good for business today

By: John Buger, Aleteia



Dean of the Busch School of Business offers helpful advice on overcoming bad habits and getting more out of life.

Whatever challenge you're facing in life, there's a "superhabit" for it, says Andrew V. Abela, dean of the Busch School of Business at The Catholic University of America.

But what's a superhabit? And what distinguishes it from a regular habit?

Abela explains in his new book [*Superhabits: The Universal System for a Successful Life*](#) that a superhabit is really another word for virtue. And virtues are about human excellence.

The founding dean of the Busch School of Business in Washington, D.C., Abela speaks to business leaders around the world about cultivating superhabits personally and in their organizations. Prior to his academic career, he was a brand manager at Procter & Gamble, management consultant with McKinsey & Company, and Managing Director at the Corporate Executive Board.

Abela holds an MBA from the Institute for Management Development in Switzerland and a Ph.D. from the Darden Business School at the University of Virginia. He and his

wife, Kathleen, live in Great Falls, Virginia.

Abela spoke with *Aleteia* about his new book.

What is this book about, and why, in your opinion, is it important for people to read today?

Andrew V. Abela: The book is about virtue, virtue understood in the traditional sense of the virtues being specific habits of excellence that really underlie all of human achievements. And I think the reason this book is needed is because these virtues have been largely forgotten, in a number of ways.

We get the phrase "virtue-signaling," you know, just showing off, pretending to be moral.

But in another direction, you have people who think of virtue just as abstractly another word for morality or goodness, that to say "Be virtuous" just means "Be good, be moral." But it's so much more than that. Every virtue is a specific habit of excellence, including all of human excellence, not just moral excellence.

So many of our problems in our society, whether it be division, whether it be anxiety and depression, whether it be declining productivity, you name it, at the root of that, in many cases, some virtue is missing.

How did you come up with the term "superhabits?"

Abela: Well, the working title for the book was "Virtue, an Owner's Guide." But the feedback I got was that people would just write it off, because they all think they know what virtue is. I wanted to emphasize first that a virtue is a habit, and second, that it's not just any kind of habit.

One of the ironies is, despite the apparent loss of interest in virtue, there are pockets of resurgence of interest in very diverse directions. So in positive psychology, they've been studying different virtues for years, but they call them character strengths. There's a resurgence of interest in the Stoic philosophers and the virtues that they focus on. There's a huge interest in habits them-

selves, in books like [Atomic Habits](#), selling in the millions of copies. So people understand or are attracted to the idea of habit as a way of growing.

And so what I wanted to do is point out, first, that virtues are habits. Everything we're learning about habits applies to virtues. And then secondly, there's this particular set of habits and virtues that are kind of like superpowers. By calling them superhabits, I emphasize that it is a superpower habit, not just any habit, because the way they differ is if you have the habit of making your bed, for example, that habit is good for making your bed. But if you have the habit of courage ... so I talk to our students; we have a lot of football players in the business school. I say to them, the habit of courage that you cultivate on the football field you can use in a job interview or giving a presentation or in any other aspect of your life.

So the virtues, the superhabits, are different from regular habits in that they have a much wider scope.

We also know both from the ancient philosophers and also modern psychologies, that when you grow in the superhabits, when you grow in the virtues, you actually become happier and, in many cases, healthier as well, which is not true of making your bed or any other habits like that.



[Courtesy of the Busch School of Business](#)

You're the dean of a business school. What relationship does this all have to the world of business, or what can it offer to the world of business today?

Abela: When we founded the Busch School of Business 12 years ago, from the beginning, we said we wanted to be forming virtuous business people. Initially we did that in the way anyone else would do it, by hiring faculty who were role models, by mentoring the students. But as the years passed, we realized we wanted to get more explicit about this, and specifically, we wanted to give the students opportunities to practice specific virtues, to learn about the virtues, which they did already in their philosophy and theology classes, but then to practice their virtues as part of the curriculum.

So I started doing a lot more research and reading in this area to figure out how to make it all work, and the concept of superhabits really seemed to resonate, both with my faculty colleagues and with the students as well.

And it seems to be really working in terms of helping our students be better prepared for the workplace.

For business in general, I think the benefit of bringing more virtue into work is, for one, it makes the work more productive because employees are more orderly, more creative, more self disciplined, more friendly. These are all virtues. If they grow in each of those areas, they're going to be more productive.

Also, because virtue makes you happier, we also have research that shows that happier employees are also more productive. They tend to stick around more and so on. So it's a true win-win for business.

In addition, I haven't even mentioned that it helps busi-

nesses avoid the problems that arise from risks that can be caused or from ethical infractions, because as the employees are growing in virtue, there's going to be fewer chances of ethical infractions.

But it's not just that. I don't want to just focus on, "Oh, it will help your employees be more ethical." It helps them be more productive overall, because virtue helps you flourish as a human being and become more effective in every dimension, not just the moral dimension.

When we hear the word habit, we think of good habits and bad habits, and we all have both. Is there a starting point for someone who knows he has a terrible habit, but feels he cannot overcome it, and he *wants* to overcome it?

Abela: Absolutely. And that's very much the focus of the book. Virtue is a good habit, a bad habit is a vice. And so if you have a bad habit and you want to overcome it, the trick is to identify what is the opposing virtue? What are the opposing good habits?

For example, if the bad habit is procrastination, the opposing good habit is the virtue of orderliness. It's the habit of doing the right thing at the right time, whereas procrastination is doing anything *but* the right thing at the right time. The way forward is to pick the smallest possible change – baby steps – and start practicing each day that little, tiny step until that tiny step becomes a habit. And then you can layer on another little step until that becomes a habit.

For example, with procrastination, a baby step might be each morning to write down what is the one small thing that I should accomplish today that may take me 15 minutes or half an hour, whatever. Write that down. And then when you've accomplished that, cross it off the list, which is very satisfying. It's a simple thing.

Then when you do that, after several days, weeks, maybe that becomes a habit. And then the next thing you can do is, "Okay, how about I do a whole prioritized to-do list? Or maybe I'll do two or three items today." And then you just sort of ratchet up that way.

The key thing, though, is to pick something that's so small that you will do it, that it's doable. Because often when people try to change, they set up a big goal, and then they fall flat on their face, and it just makes it worse, because they think, "I'm a loser. I can't do this."

So you want to pick the smallest little thing. That becomes a habit, and then it becomes a platform for the next habit and so on.

As you pointed out, there's much here about virtues and vices. It's a subject that is very much at the heart of living a good Christian life. Is there perhaps a subtle desire on your part to convert readers or to spread the faith through this exposition of the virtues? Or what is it that you want readers to take away from it?

Abela: Well, I want them to fall in love with virtue, as I have done, and in many cases, that's a pre-evangelization. I don't think it's a coincidence that the faith spread so fast in ancient times, because the culture in ancient times was a culture that respected virtue. They didn't always live virtuously, but certainly respected virtue. It's easier, I think, for somebody to understand the faith and be attracted to it if one is already living a virtuous life, or at least aspiring to live a virtuous life.

But I did deliberately write the book in a way that it would be accessible to anybody. It doesn't presume any faith background at all. So if one has a colleague or a friend or a sibling who's not practicing the faith, you could give them this book without any kind of presuppositions, any assumptions, and they're not going to immediately close the window on it.