



December 01, 2024
First Sunday of Advent

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)
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)
Karen Tully
Theresa Stewart,
Remedios Yeung

Faith Studies
Readers

Safe Environment
Seniors' Ministry

Senior Leadership Team

Ushers
Youth Ministry

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)

December 01, 2024

First Sunday of Advent



Saturday, Nov 30

Vigil Mass

5:00 PM Fr. Bruce-John Hamilton, Intentions

Sunday, Dec 01

Sunday Mass

9:00 AM Hang Lin Cheung, Thanksgiving

11:00 AM All Parishioners, Living and Deceased

3:00 PM Paul Chak Man Ko, RIP

Monday, Dec 02

8:00 AM Perez & Ester Jalimao, RIP

Tuesday, Dec 03

St. Francis Xavier

8:00 AM Carlos Alejandro U., RIP

Wednesday, Dec 04

8:00 AM Brian Sullivan, RIP

9:00 AM School Mass

Thursday, Dec 05

8:00 AM A & D Marello & Lida, RIP

Friday, Dec 06

8:00 AM John & Eve Sullivan, RIP

6:00 PM Holy Hour

7:00 PM First Friday Mass

Saturday, Dec 07

St. Ambrose

8:00 AM Genaro & Berta Lam, RIP



Cook / Housekeeper Wanted

We're looking for a part time cook / housekeeper, working on Thurs & Fri from 8:30am - 4:30pm.

Please submit a resume and cover letter to Winnie at Winnie@ccparish.ca

PARISH ANNOUNCEMENTS

NEW PARISHIONERS & VISITORS

Welcome to Corpus Christi Parish. To register, please visit us at the Welcoming Booth in the church vestibule or download from the parish website, www.ccparish.ca.

Envelopes are assigned to those who request for them.

SENIORS' MINISTRY

Please join us for our Christmas meeting.

Date: December 5th

Time: 10am - 12pm

Place: Parish Centre

See you there!

CATHOLIC WOMEN'S LEAGUE



The Corpus Christi Catholic Women's League (CWL) will hold their meeting and Christmas luncheon on Saturday, December 7th.

Gathering will start at 10am at the Parish Centre.

RELIGIOUS ARTICLES BOOTH

The Religious Articles Booth will be open on Sunday, Nov 24, Dec 8 & 22 from 8:45am to 11:15am (closed during Mass)



4 WAYS TO SAVOR ADVENT

- Seek reconciliation**: Go to Confession and invite your friends and family to go as well during the Advent season.
- Volunteer your time**: Serve lunch at a local soup kitchen before you head to your family celebration.
- Make homemade presents**: Invite your friends and family to make home-made gifts. It can be a nice, personal gesture with your loved ones.
- Don't use up all your Christmas spirit**: For Catholics, Christmas begins (it doesn't end) on December 25. Keep your sense of expectation alive for the "Octave of Christmas".

SOURCES
Our Sunday Visitor (www.osv.com) • "How to savor Advent"
Perpetual Learner (www.advenus.wordpress.com) • "5 Tips for Living Advent" 

Last Weekend's Collection

Sunday Offertory Collection	\$6,859.35
Building Fund	\$4,016.00
Christmas Offering	\$10.00
Home Missions	\$322.00
Youth Ministry	\$100.00
Initial Offering	
Total	\$11,307.35

Thank you for your generosity!

Remembering the Sick In Prayers

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

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.

LITANY OF *Gratitude*

*Lord, have mercy.
Christ, have mercy.
Lord, have mercy.
Jesus, hear us.
Jesus, graciously hear us.
God the Father, have mercy on us.
God the Son, have mercy on us.
God the Holy Spirit, have mercy on us.*

- For the gift of life,
- For the gift of salvation,
- For Your great mercy and forgiveness,
- For every grace,
- For the supernatural life in our souls,
- For Your divine indwelling,
- For eternal life with You,
- For all virtues,
- For our Baptism,
- For our Confirmation,
- For the Holy Eucharist,
- For the sacrament of Confession,
- For every sacrament,
- For all our prayers,
- For Sacred Scripture,
- For Sacred Tradition,
- For the Magisterium,

We thank you, Lord

- For the Holy Church,
- For Mary, our Mother,
- For all the saints and angels,
- For our Holy Father, the Pope,
- For our bishops, priests, and deacons,
- For our family and friends,
- For our talents and skills,
- For our joys and delights,
- For every blessing,
- For our trials and sorrows,
- For the challenges we face,
- For the opportunities to grow,
- For everything we learn,
- For all the beauty around us,
- For everything You do for us and give us,
- For Your infinite love,

We thank you, Lord

Let us pray.

Dear Lord, increase our gratitude. Give us hearts of thankfulness and praise. Fill us with Your love that we may pass it on to all those we meet.

Amen.



pastor's Corner



First Sunday of Advent Pastor's Corner

This Sunday begins the great and holy season of Advent. It is the time of the year to prepare ourselves – to cultivate, with anticipation – the birth of Jesus Christ.

Many Catholics either do not know, or have forgotten that Advent is a penitential season. It is not the same as Lent, but it is a penitential season nonetheless. The Readings of Mass have Jesus exhorting us to: ***“Be on guard so that your hearts are not weighted down with dissipation and drunkenness and the worries of this life, and that the day catch you unexpectedly, like a trap.”***

Try to make the effort to live Advent. I know this may be a super difficult thing, but try! What can you do? Lots of things:

If you attend parties, eat less (be intentional about this!) and drink less (1 drink); pray the daily gospel that is read at Mass; prepare well for and go to confession; have one day of the week when you either do not have 1 meal, or cut down dinner by ½. Have an Advent Candle on your kitchen table and light it before dinner.

Looks at this GREAT GROUP of people! This is the photo of our most recent Alpha Group attendees, group leaders, helpers, cooks, servers, leaders. We had a large number of people take Alpha is past fall (60)! Alpha continues to be our entrance level gateway for people to connect, meet others and hear about Jesus Christ.



The good news continues, as over 30 have signed up for faith studies in the new year. This is the largest faith studies that we have had.

The 10 Year Vision is working and bearing fruit. All of our Core Values are working their work in Alpha, Faith Studies and RCIA: Evangelical Hospitality, Engaged Disciples, Multiplying Leaders and Rooted in Tradition! Keep praying for more supernatural fruit!

Live Advent; do not live Christmas until Christmas Day! Say it, pray it, live it! Christmas will be much sweeter when it actually arrives.

Fr. Hamilton



pastor's Corner



將臨期第一主日 本堂神父的話

這個主日開始了偉大而神聖的將臨期。這是年中的時間，讓我們準備自己——帶著期盼，預備耶穌基督的誕生。

許多天主教徒或許不知道，或已經忘記了將臨期是悔改的季節。它雖然不同於封齋期，但依然是一個悔改的季節。彌撒的讀經中，耶穌教導我們要：**“*警醒，免得你們的心被荒亂、醉悞和今生的憂慮壓住，讓那一天像陷阱一樣突然來臨。*”**

努力去過一個有意義的將臨期吧。我知道這可能是一個非常困難的事，但請嘗試！你能做些什麼呢？有很多事情可以做：

如果你參加聚會，少吃些（要有意識地去做！）並少喝些（只喝一杯）；每天以彌撒中讀的福音作禱告；準備好去告解；每週選擇一天不吃一餐，或將晚餐量減少一半。在你的餐桌上放一支將臨蠟燭，並在晚餐前點燃它。

看看這頂好的一群人！這是我們最近一屆 Alpha 小組的照片，包括參加者、組長、幫手、廚師、服務員和領導者。我們在去年秋天有許多人參加 Alpha（達到 60 人！）。



Alpha 繼續成為我們的入門平台，幫助人們建立聯繫、結識他人，並聆聽耶穌基督的福音。

好消息不斷，已有超過 30 人報名參加新一年的信仰學習班。這是我們舉辦過的最大的信仰學習班。

十年願景正在發揮作用並結出果實。我們的所有核心價值觀在 Alpha、信仰學習班和慕道班中都在發揮作用：以福音作款待、投入的信徒、倍增的領袖和根植於傳統！繼續為更多超自然的果實祈禱！

活出將臨期；不要在聖誕日前過聖誕節！說

The Forgotten Penitential Roots of Advent: 3 Ways to Live This Season as a 'Little Lent'

To live Advent well is to recover the sense that these weeks are not about doing more but becoming more - more faithful, more hopeful, and more attuned to God's presence.

By Ryan Bilodeau, ChurchPop



When we think of Advent, we often picture candles on the wreath, festive hymns, and a countdown to Christmas. But the Church has always understood this season as more than a warm-up to the holidays.

Advent is a time of preparation - not just for Christ's birth but also for His return. And like Lent, it invites us to slow down, take stock, and turn our hearts toward God.

This is why Advent has long been known as a "Little Lent" - a quieter, shorter season of reflection and penance.

In an age when December feels more like a sprint to the finish line, recovering Advent's penitential roots can help us rediscover its true meaning.

Advent's Penitential Roots

Did you know Advent's penitential traditions date back to the Early Church?

By the sixth century, Catholics in Gaul observed "[Saint Martin's Lent](#)," a 40-day season of fasting and prayer beginning on November 11, the feast of Saint Martin of Tours.

Though the season has since shortened to the four weeks we know today, its spiritual focus remains: repentance, anticipation, and preparing our hearts to encounter Christ.

This spirit is reflected in Advent's liturgy.

Violet vestments, the omission of the "Gloria," and the voice of John the Baptist calling us to "Prepare the way of the Lord" (Matt. 3:3) remind us that Advent isn't merely a prelude to celebration but a call to conversion. Like Lent, it asks us to reflect on the state of our souls and make room for God's grace.

How Advent Disrupts Us

Advent and Lent are similar in their call to prepare, but Advent's focus is uniquely twofold: looking back on Christ's first coming in the manger and forward to His return in glory. This dual focus gives Advent a tension that is both joyful and sobering.

Like the Incarnation, Advent disrupts us, reminding us that the Divine breaks into human history with both mercy and judgment.

The manger may be humble, but it casts a shadow that stretches to the Cross.

In this sense, Christ's birth is not the end of the sto-

ry; it is the beginning of a plan that leads to redemption and transformation - if we are willing to respond.

Advent also challenges us to see time differently.

The days of December are not just a countdown to gifts and gatherings; they are sacred days, inviting us to step outside the rush of the world and reflect on eternity. To live Advent well is to recover the sense that these weeks are not about doing more but becoming more - more faithful, more hopeful, and more attuned to God's presence.

How to Live Advent as a "Little Lent"

Recovering the spirit of Advent doesn't require drastic changes. Small, meaningful steps are all that is required to prepare your heart for Christ:

Pray Intentionally - Reflect on the daily Mass readings or pray the Rosary. Meditate on the ["O" Antiphons](#) in the final days of Advent, letting their rich imagery draw you closer to Christ.

- **Make a Sacrifice** - Small sacrifices like giving up sweets or limiting screen time can help clear space for God and remind us of what truly matters.

Be Generous - Acts of charity, whether donating to a food pantry or reaching out to someone in need, embody Advent's call to love and prepare us to welcome Christ in others.

Why Advent Matters

Advent, like Lent, reminds us that joy is deepest when rooted in preparation.

By embracing its spirit of prayer, sacrifice, and generosity, we ready ourselves not just for the celebration of Christ's birth but for His presence in our lives here and now and in the life to come.

Saintly Wisdom for a Grateful Heart: 9 Inspiring Quotes to Enrich Your

Thanksgiving

By Caroline Perkins & Jacqueline Burkepile,
Church Pop

"Jesus does not demand great action from us but simply surrender and gratitude." - Saint Thérèse of Lisieux

Let us remember why we celebrate this important holiday: to thank God for all the blessings in our lives!

Below are nine inspiring saint quotes to infuse your soul with the true spirit of Thanksgiving:



"The best way to show my gratitude is to accept everything, even my problems, with joy." - Saint Teresa of Calcutta

"The secret of happiness is to live moment by moment and to thank God for what He is sending us every day in His goodness."

SAINT GIANNA BERETTA MOLLA



churchpop.com

"O my God, let me remember with gratitude and confess to thee thy mercies toward me."

- Saint Augustine of Hippo

"O God, grant that whatever good things I have, I may share generously with those who have not, and whatever good things I do not have, I may request humbly from those who do."

SAINT THOMAS AQUINAS



churchpop.com

"In all created things discern the providence and wisdom of God, and in all things give Him thanks." - Saint Teresa of Avila

"Remember the past with gratitude. Live the present with enthusiasm. Look forward to the future with confidence."

SAINT JOHN PAUL II



churchpop.com

"Get used to lifting your heart to God, in acts of thanksgiving, many times a day. Because he gives you this and that. Because you have been despised. Because you haven't what you need or because you have. Thank him for everything, because everything is good." - Saint Josemaria Escriva

"Would that I could exhaust myself in acts of thanksgiving and gratitude towards this Divine Heart, for the great favor He shows us." - Saint Margaret Mary Alacoque

"Jesus does not demand great action from us but simply surrender and gratitude." - Saint Thérèse of Lisieux